

**AUGUST MENU****ESCANABA SENIOR CENTER****Mon****Tue****Wed****Thu****Fri**

<b>Menu is for all our senior centers. Call your senior center with questions/comments.</b> 		<b>1</b> Pepper Steak Over Rice French Style Green Beans Pineapple/orange cup Dessert	<b>2</b> Chicken Breast Philly Potatoes Mixed Vegetables; Pears	<b>3</b> Taco Salad Cornbread Grapes
<b>6</b> Cheeseburger w/bun Sweet Potato Wedges Baked Beans Tropical Fruit	<b>7</b> Beef w/Gravy over Potatoes Monte Carlo Vegetables Coleslaw Peaches	<b>8</b> Baked Chicken Baked Potato Broccoli Strawberry Fluff	<b>9</b> Omelet/Breakfast Bake Hash Browns Juice Sausage Links Fresh Fruit	<b>10</b> Ham Scalloped potatoes Country Trio Vegetables Fruit
<b>13</b> Turkey Broccoli Casserole Peas Mandarin Orange Fluff	<b>14</b> Pork Roast Red Potatoes Carrots Applesauce	<b>15</b> Tasty Hamburger Casserole Mixed Vegetables Peach Crisp	<b>16</b> Beef Stroganoff Over Noodles Spinach Salad Prince Charles Veggies Escalloped Apples	<b>17</b> Chicken Salad Fresh Vegetable Fresh Fruit Muffin
<b>20</b> Cheesy Chicken Penne Mediterranean Veg Pineapple	<b>21</b> Spaghetti w/ Meat Sauce Caesar Salad Garlic Bread Strawberry Shortcake	<b>22</b> Hot Dog w/Bun Au Gratin Potatoes Broc/Califlower Salad Warm Cobbler	<b>23</b> Tater Tot Casserole Corn Biscuit Cantaloupe	<b>24</b> Chef Salad Watermelon Brownie
<b>27</b> Polish Sausage Sauerkraut Sliced Potatoes Corn Fruit	<b>28</b> Sloppy Joe w/Bun Mac & Cheese Three Bean Salad Fresh Orange	<b>29</b> BBQ Chicken Baked Beans Potato Salad Pineapple	<b>30</b> Pasty Coleslaw Fruit Cocktail	<b>31</b> Meatballs Mashed potatoes w/ gravy California Blend Veg Applesauce

Subject to change

[HOW DO I GET TO THE SENIOR CENTER?](#)[EMAIL THE CENTER](#)**WEEKLY ACTIVITIES: ESCANABA 786-8850**

Every Monday, Sit &amp; Be Fit, 11-11:45 a.m.

Every Tuesday, Bingo, 1-3 p.m.

Every Wednesday, Line Dancing, 12:45-2:30 p.m.

Every Thursday, Open Bridge, 10-noon; Line Dancing, 12:45-2:30 p.m.

Every Friday, Sit &amp; Be Fit, 11-11:45 a.m.

**OTHER ACTIVITIES:**

Foot Clinic, Aug. 6, (call 786-8850 for appointment). **Crafts**, Aug. 8, 10-noon. **60 Minutes Progression of Alzheimer's video**, Aug. 21, 11 a.m. **How to Prepare for an Emergency Presentation**, Aug. 28, 11 a.m. **Birthday Party**, Aug. 29, gather 11:30 a.m., lunch noon (call 786-8850 at least one day prior to reserve a seat).