

FEBRUARY MENU

ESCANABA SENIOR CENTER



Mon

Tue

Wed

Thu

Fri

 <p>FEBRUARY MENU Menu is for all our senior centers. Call your senior center with questions/comments.</p>					<p>1 Chicken Vegetable Soup Egg Salad Sandwich Chilled Beet Salad Fruit</p>	<p>2 Pasty Coleslaw Fruited Jell-O</p>
<p>5 BBQ Pulled Pork on a Bun Au Gratin Potatoes Baked Beans Fruit</p>	<p>6 Chicken Marsala Over Garlic Mashed Potatoes Green Beans Mandarin Oranges</p>	<p>7 Lasagna Caesar salad Garlic Breadstick Fruit Crisp</p>	<p>8 Chili Sweet Roll Pea and Cheese Salad Fruit</p>	<p>9 BLT Wrap Broccoli Raisin Salad Yogurt & Fruit</p>		
<p>12 Western Egg Bake Hash Browns Mini Bagel Orange</p>	<p>13 Polish Sausage/Kraut Diced Potatoes Cream Corn Fruit</p>	<p>14 Baked Salmon Boiled Potatoes Peas Pears</p>	<p>15 Beef Fritter Mashed Potatoes and Gravy Green Beans Plums</p>	<p>16 Spaghetti with Meat Sauce Italian Veggies Garlic Bread Applesauce</p>		
<p>19 Swiss Chicken with Mushrooms over Rice Broccoli Salad Fruit</p>	<p>20 Ham Scalloped Potatoes Green Beans Pineapple</p>	<p>21 Bourbon Chicken Philly Mashed Potatoes Winter Vegetables Citrus Pie Square</p>	<p>22 BBQ Ribs Twice-Baked Potato Key West Vegetables Strawberry Fluff</p>	<p>23 Alfredo Lasagna (no meat) Spinach Salad Garlic Bread Fruit</p>		
<p>26 Hamburger Gravy over Mashed Potatoes Cream Corn Apple Crisp</p>	<p>27 Parmesan Chicken over Basil Garlic Pasta Brussel Sprouts Zucchini-Tomato Salad Fruit</p>	<p>28 Cranberry-Glazed Pork Sweet Potato Vegetable Blend Fruit Dessert</p>				

[HOW DO I GET TO THE SENIOR CENTER?](#) [EMAIL THE CENTER](#)

WEEKLY ACTIVITIES: **ESCANABA** 786-8850

- Every Monday, Sit & Be Fit, 11-11:45 a.m.; Line Dancing, 12:45-2:30 p.m.
- Every Tuesday, Bingo, 1-3 p.m.
- Every Wednesday, Line Dancing, 12:45-2:30 p.m.
- Every Thursday, Open Bridge, 10 a.m.; Line Dancing, 12:45-2:30 p.m.
- Every Friday, Wii Club, 10-noon; Sit & Be Fit, 11-11:45 a.m.

OTHER ACTIVITIES:

Foot Clinic, Feb. 5, (call 786-8850 for appointment). **Crafts**, Feb. 7, 10-noon. **Blood Pressure Screening**, Feb. 13, 11-noon. **Valentine's Day Party**, Feb. 14, gather 11:30 a.m., lunch noon (call 786-8850 at least one day prior to reserve a seat). **Monthly Food Distribution**, Feb. 15, 10-11 a.m. **Birthday Party**, Feb. 28, gather 11:30 a.m., lunch noon (call 786-8850 at least one day prior to reserve a seat).