


JANUARY MENU		ESCANABA SENIOR CENTER		
Mon	Tue	Wed	Thu	Fri
1 CLOSED FOR NEW YEAR'S DAY	2 Meatloaf Baked Potato Peas & Carrots Fruit Cup	3 Beef Stew Coleslaw Biscuit Peach Quick Cake	4 Turkey/Stuffing Mashed Potatoes and Gravy Prince William Veggies Pumpkin Bar	5 Ravioli Vegetable Blend Breadstick Diced Pears
8 Brat on Bun Calico Beans Oven Potatoes Diced Pears	9 Sweet & Sour Pork Over Rice Green Beans Chinese Coleslaw Pineapple Upside Down Cake	10 Cheesy Chicken Penne Casserole Salad Baby Carrots Apricots	11 Beef Tips over Noodles Diced Beets Broccoli Fruit Cup	12 Porcupine Meatballs Mashed Potatoes Country Trio Veggies Apple Crisp
15 Salisbury Steak Mashed Potatoes and Gravy Rutabagas Tropical Fruit	16 Boiled Dinner (Ham and Cabbage, Carrots and Potatoes) Biscuit Pistachio Bar	17 Taco Lasagna Garden Salad Mandarin Oranges Breadstick	18 Tasty Hamburger Casserole Carrots Jello with Bananas	19 Baked Chicken Whipped Potatoes Key Largo Veggies Diced Peaches
22 Fish Sandwich Au Gratin Potatoes Baked Beans Applesauce	23 Turkey Broccoli Casserole Vegetable Blend Pineapple Tidbits	24 Pineapple BBQ Chicken Breast Twice-Baked Potatoes Brussel Sprouts Carrot Cake	25 Enchiladas with Lettuce, Tomato, Black Olives Spanish Rice Diced Peaches	26 Vegetable Beef Barley Soup Ground Meat Sandwich Broccoli /Cauliflower Salad Fruit Bar
29 Chicken Alfredo Broccoli Coleslaw Fruit Cup	30 Spaghetti/Meat Sauce Italian Blend Vegetables Caesar Salad Garlic Bread Pineapple	31 Tahitian Meatballs Over Rice Key Largo Vegetables Salad Sunshine Cake	 JANUARY MENU Menu is for <u>ALL</u> our senior centers. Call your senior center with questions/comments.	

[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:

Closed Jan. 1. Foot Clinic, Jan. 2, (call 786-8850 for appointment). Crafts, Jan. 10, 10-noon. Blood Pressure Screening, Jan. 16, 11-noon. Monthly Food Distribution, Jan. 18, 10-11 a.m. Birthday Party, Jan. 24, gather 11:30 a.m., lunch noon (call 786-8850 at least one day prior to reserve a seat).