


JULY MENU		ESCANABA SENIOR CENTER		
Mon	Tue	Wed	Thu	Fri
2 Goulash Corn Bread/Butter Fruit	3 BBQ Chicken Baked beans Potato salad Red, White, Blue Dessert	4 CLOSED FOR FOURTH OF JULY	5 Pasty Coleslaw Copper Penny Salad Tropical Fruit	6 BLT wrap Zucchini/Tomato Salad Bag of Chips Yogurt/Blueberries
9 Ring Bologna Oven Potatoes Mixed Vegetables Fruit	10 Shepard's Pie (Mash Potatoes, Ground Beef, Cream Corn) Strawberry Spinach Salad Escaloped Apples	11 BBQ Ribs Twice-Baked Potato Key West Vegetables Fresh Fruit	12 Tater Tot Taco Casserole Mexi-Corn Cornbread Fruit Cup	13 Chicken Noodle Soup Egg Salad Sandwich Chilled-Vegetable Salad Lemon/Blueberry Dessert
16 Swiss Chicken with Mushrooms Garlic-Mashed Potatoes Broccoli Fruit	17 Stuffed Green Peppers California Blend Veggies Garlic Bread Snowball Dessert	18 Swedish Meatballs Mashed Potatoes/Gravy Cucumber Salad Warm Bread Pudding Dessert	19 Pork Chop Boiled Potatoes Garden Salad Applesauce	20 Cold Tuna Macaroni Salad Zucchini Bean Salad Mandarin Orange Fluff
23 Biscuits and Gravy Scrambled Eggs Hash Browns Fresh Orange	24 Lasagna Caesar Salad Garlic Bread Fruit Crisp	25 Bourbon Steak Coconut Rice Italian Vegetables Tomato/Zucchini Salad Orange/Pineapple Cake	26 Baked Chicken Mashed Potatoes and Gravy Peas Fruited Jello	27 Meatloaf Baked Potato Green Beans Pistachio Dessert
30 Pizza Casserole Corn Breadstick Fruit	31 Cranberry-Glazed Pork Loin Boiled Potatoes Key Largo Vegetables Applesauce	<p style="text-align: center;">Menu is for all our senior centers. Call your senior center with questions/comments.</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.

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, July 2, (call 786-8850 for appointment). **Fourth of July Party**, July 3, gather 11:30 a.m., lunch noon (call 786-8850 at least one day prior to reserve a seat). **Closed July 4.** **Crafts**, July 11, 10-noon. **Monthly Food Distribution**, July 19, 10-11 a.m. **Birthday Party**, July 25, gather 11:30 a.m., lunch noon (call 786-8850 at least one day prior to reserve a seat).