

JULY MENU

MENOMINEE SENIOR CENTER

Mon

Tue

Wed

Thu

Fri

<p>2 Goulash Corn Bread/Butter Fruit</p>	<p>3 BBQ Chicken Baked beans Potato salad Red, White, Blue Dessert</p>	<p>4 CLOSED FOR FOURTH OF JULY</p>	<p>5 Pasty Coleslaw Copper Penny Salad Tropical Fruit</p>	<p>6 BLT wrap Zucchini/Tomato Salad Bag of Chips Yogurt/Blueberries</p>
<p>9 Ring Bologna Oven Potatoes Mixed Vegetables Fruit</p>	<p>10 Shepard's Pie (Mash Potatoes, Ground Beef, Cream Corn) Strawberry Spinach Salad Escaloped Apples</p>	<p>11 BBQ Ribs Twice-Baked Potato Key West Vegetables Fresh Fruit</p>	<p>12 Tater Tot Taco Casserole Mexi-Corn Cornbread Fruit Cup</p>	<p>13 Chicken Noodle Soup Egg Salad Sandwich Chilled-Vegetable Salad Lemon/Blueberry Dessert</p>
<p>16 Swiss Chicken with Mushrooms Garlic-Mashed Potatoes Broccoli Fruit</p>	<p>17 Stuffed Green Peppers California Blend Veggies Garlic Bread Snowball Dessert</p>	<p>18 Swedish Meatballs Mashed Potatoes/Gravy Cucumber Salad Warm Bread Pudding Dessert</p>	<p>19 Pork Chop Boiled Potatoes Garden Salad Applesauce</p>	<p>20 Cold Tuna Macaroni Salad Zucchini Bean Salad Mandarin Orange Fluff</p>
<p>23 Biscuits and Gravy Scrambled Eggs Hash Browns Fresh Orange</p>	<p>24 Lasagna Caesar Salad Garlic Bread Fruit Crisp</p>	<p>25 Bourbon Steak Coconut Rice Italian Vegetables Tomato/Zucchini Salad Orange/Pineapple Cake</p>	<p>26 Baked Chicken Mashed Potatoes and Gravy Peas Fruited Jello</p>	<p>27 Meatloaf Baked Potato Green Beans Pistachio Dessert</p>
<p>30 Pizza Casserole Corn Breadstick Fruit</p>	<p>31 Cranberry-Glazed Pork Loin Boiled Potatoes Key Largo Vegetables Applesauce</p>	<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: MENOMINEE 863-3256

- Every Monday, Exercise class, 10 a.m.
- Every Tuesday, Line Dancing, 10 a.m.
- Every Wednesday, Card playing, 1 p.m.
- Every Thursday, Exercise class, 10 a.m.
- Every Friday, Duplicate bridge, 10 a.m.

OTHER ACTIVITIES:

Worth the Weight Contest ending July 2. Independence Day Party, July 3, (call 863-3256 at least one day prior to reserve a seat). Foot Clinic, July 12 & 16 (call 863-3256 for appointment). Monthly Food Distribution, July 17, 11 a.m. to noon. Night Meal (theme drive-in movie), July 18, salad bar, 5 p.m. (call 863-3256 at least one day prior to reserve a seat). Senior Craft and Bingo Day, July 19, 1 p.m. Bus Trip to [Menominee County Fair](#), July 20, 8:45 a.m. (call 863-3256 to reserve a seat). Movie Day (“The Greatest Showman”), July 26, 12:45 p.m. Birthday Party, July 25, salad bar, 11:30 a.m. (call 863-3256 at least one day prior to reserve a seat).