

JUNE MENU

ESCANABA SENIOR CENTER

Mon

Tue

Wed

Thu

Fri

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| <p>Menu is for all our senior centers. Call your senior center with questions/comments.</p> | | | | | <p>1 Turkey Cranberry Wrap Creamy Vegetable Soup Carrot Raisin Salad Fresh Apple</p> |
| <p>4 Potato-Crusted Pollock Twice-Baked Potatoes California Blend Veggies Diced Pears</p> | <p>5 Spaghetti w/Meat Sauce Caesar Salad Garlic Bread Fresh Melon</p> | <p>6 Sweet and Sour Pork Oriental Coleslaw Chinese Veggies, Mandarin Oranges</p> | <p>7 Beef Steak (or Liver & Onions) Mashed Potatoes with Gravy Green Beans Cranberry Jell-O</p> | <p>8 Pulled-Pork Sandwich Oven Potatoes Three-Bean Salad Grape Salad</p> | |
| <p>11 Tasty Hamburger Casserole Cook's Choice Vegetable Chunky Applesauce</p> | <p>12 Fish Sandwich on a Bun Oven Potatoes Mixed Veggies Tropical Fruit</p> | <p>13 Roast Beef Mashed Potatoes and Gravy; Glazed Carrots Strawberry Shortcake</p> | <p>14 Pasty Coleslaw Fruited Jell-O</p> | <p>15 Deluxe Chef Salad Breadstick Fresh Fruit Jumbo Cookie</p> | |
| <p>18 Tator Tot Casserole Garden Salad Plums</p> | <p>19 Chicken Breast Sour Cream & Chive Potatoes; Spinach Peaches</p> | <p>20 Ham Roll-Ups Scalloped Potatoes Peas Pineapple Tidbits</p> | <p>21 Cheeseburger on Bun Diced Potatoes Fresh Vegetables Citrus Pie Square</p> | <p>22 Beef & Bean Enchilada (with Tomato, Lettuce, Olives on side) Spanish Rice Escalloped Apples</p> | |
| <p>25 Cheesy Penne Chicken Casserole Monte Carlo Veggies Tossed Salad Apricots</p> | <p>26 Bratwurst on a Bun Potato Salad Corn on the Cob Watermelon</p> | <p>27 Baked Chicken Philly Cheese Potatoes Peas and Carrots Fresh Fruit</p> | <p>28 Stacked Turkey & Cheese Sandwich Tomato Basil Soup Mango Coleslaw Fruit</p> | <p>29 Swedish Meatballs over Noodles Beets; Green Beans Pineapple Upside Down Cake</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. (except for May 15, when it's 12:30 to 3:30)
 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, June 4, 9-11:30 a.m. (call 786-8850 for appointment). Crafts, June 6, 10-noon. TEFAP Food Distribution, June 8, 9-noon. Blood Pressure Screening, June 12, 11-noon. Alzheimer's Presentation, June 12, 11 a.m. Father's Day Party, June 13, gather 11:30 a.m., lunch noon (call 786-8850 at least one day prior to reserve a seat). Monthly Food Distribution, June 21, 10-11 a.m. Birthday Party, June 27, gather 11 a.m., lunch noon (call 786-8850 at least one day prior to reserve a seat).