


JUNE MENU		MENOMINEE SENIOR CENTER		
Mon	Tue	Wed	Thu	Fri
 <p style="text-align: center;"><b>JUNE MENU</b> Menu is for all our senior centers. Call your senior center with questions/comments. <b>HAPPY EATING!</b></p>		<b>1</b> BAKED CHICKEN MASHED POTATOES & GRAVY PEAS CANTALOUPE	<b>2</b> POLISH SAUSAGE SAUERKRAUT BOILED POTATOES; CREAMED CORN FRESH FRUIT	
<b>5</b> TATOR TOT CASSEROLE THREE BEAN SALAD PINEAPPLE TIDBITS SHERBET	<b>6</b> CHICKEN BREAST SOUR CREAM & CHIVE POTATOES SPINACH PEACHES	<b>7</b> CHICKEN RICE SOUP MEAT SANDWICH FRESH VEGETABLES FRUITED JELLO	<b>8</b> SPAGHETTI W/MEAT SAUCE PEAS GARLIC BREAD FRUIT	<b>9</b> CHOP SUEY & RICE JAPANESE VEGETABLES ORIENTAL COLESLAW MANDARIN ORANGES
<b>12</b> CHICKEN BROCCOLI CASSEROLE MIXED VEGETABLES ORANGE	<b>13</b> DELUX CHEF SALAD BREADSTICK JUMBO COOKIE FRESH FRUIT	<b>14 FATHER'S DAY</b> BEEF ROAST MASHED POTOTATOES and GRAVY VEGETABLE BLEND CHOCOLATE PEANUT BUTTER DESSERT	<b>15</b> SWEDISH MEATBALLS OVER NOODLES HARVARD BEETS GREEN BEANS FRESH FRUIT	<b>16</b> BBQ CHICKEN POTATO SALAD COUNTRY TRIO VEGGIES FRUIT SALAD
<b>19</b> MEAT AND POTATO CASSEROLE BRUSSEL SPROUTS PEARS	<b>20</b> PORK CUTLET MASHED POTATOES MIXED VEGETABLES PINEAPPLE UPSIDE DOWN CAKE	<b>21</b> HAM ROLL-UP AU GRATIN POTATOES GREEN BEANS PEACHES	<b>22</b> TACO SALAD FRUIT MUFFIN DESSERT	<b>23</b> BAKED SALMON FILET BOILED POTATOES BROCCOLI FRESH FRUIT
<b>26</b> CITRUS CHICKEN BREAST BAKED POTATO PEAS FRUIT CUP	<b>27</b> BRATWURST on a BUN POTATO SALAD BAKED BEANS WATERMELON DESSERT	<b>28</b> TAHITIAN MEATBALLS OVER RICE KEY LARGO VEGETABLES SALAD SUNSHINE CAKE	<b>29</b> BEEF STROGANOFF BROCCOLI BEETS MANDARIN ORANGES	<b>30</b> CRANBERRY GLAZED PORK ROAST MASHED POTATOES BABY CARROTS APPLESAUCE

**HOW DO I GET TO THE SENIOR 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:**

Guest Speaker (health resources), June 2, 11:30 a.m. Foot Clinic, June 8 & 19, (call 863-3256 for appointment). TEFAP Food Distribution, June 9, 8-11 a.m. Father's Day Dinner, June 14, 11 a.m. (call 863-3256 at least one day prior to reserve a seat). Craft and Bingo Day, June 15, 1 p.m. Monthly Food Distribution, June 20, 11 a.m. to noon. Summer Evening Meal, June 20, 4 p.m. (call 863-3256 at least one day prior to reserve a seat). Guest Speaker (Alzheimer's Association), June 27, 11 a.m. Movie Day ("The Magnificent Seven"), June 29, 12:45 p.m. Windows 10 Class, June 20 & 22, 1-4 p.m. Birthday Party, June 28, salad bar, 11:30 a.m. (call 863-3256 at least one day prior to reserve a seat). Smear, June 28, 1 p.m.