

**MARCH MENU****ESCANABA SENIOR CENTER****Mon****Tue****Wed****Thu****Fri**

Menu is for all our senior centers. Call your senior center with questions/comments.



			<b>1</b> Sloppy Joe on a Bun Macaroni & Cheese Carrot Sticks & Dip Fruited Pudding	<b>2</b> Scrambled Eggs with Ham Slice Hash Brown Potatoes Orange Juice Sweet Roll Fresh Fruit
<b>5</b> Chicken Breast Mashed Potatoes Carrots Pears	<b>6</b> Meatloaf Baked Potato Cream Corn Fruit Cup	<b>7</b> Chop Suey over Rice Oriental Veggies Oriental Coleslaw Mandarin Oranges	<b>8</b> Bratwurst w Kraut on a Bun Baked Beans Cheesy Hash Browns Banana	<b>9</b> Tuna Sandwich Cream of Potato Soup Fresh Vegetables Apple
<b>12</b> Salisbury Steak Sour Cream & Chive Potatoes Sweet Peas Tropical Fruit	<b>13</b> Tator Tot Casserole Dinner Roll Mixed Vegetables Escaloped Peaches	<b>14</b> Hot Turkey Roll-Up Mashed Potatoes Green Beans Cranberry Jell-O	<b>15</b> Goulash Corn Garden Salad Fruit	<b>16</b> Corned Beef & Cabbage Baby Carrots Red Potatoes Pistachio Dessert
<b>19</b> Pork Cutlet Boiled Potatoes Monte Carlo Vegetables Pears	<b>20</b> Beef Tips over Noodles Harvard Beets Coleslaw Peach Cobbler	<b>21</b> Cube Steak & Onions Mashed Potatoes Green Beans Fruit	<b>22</b> Chicken & Broccoli Casserole Tossed Salad Grape Dessert	<b>23</b> Breaded Fish Sandwich Oven Potatoes Calico Beans Tropical Fruit
<b>26</b> Beef Parmesan over Pasta Vegetable Blend Cole Slaw Garlic Bread Apricots	<b>27</b> Pasties Coleslaw Fruited Pudding	<b>28</b> Baked Ham Sweet Potatoes California Blend Veg Pineapple Tidbits Easter Dessert	<b>29</b> Spaghetti with Meat Sauce Italian Veggies Garlic Breadstick Fruit Crisp	<b>30</b> Baked Salmon with Dill Sauce Rice Pilaf Baby Carrots Broccoli Salad Peach Dump Cake

**HOW DO I GET TO THE SENIOR CENTER?****EMAIL THE CENTER****WEEKLY ACTIVITIES: ESCANABA 786-8850**

Every Monday, Sit &amp; 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 &amp; Be Fit, 11-11:45 a.m.

**OTHER ACTIVITIES:**

Welcome Newborns speaker, March 6, 11:30 a.m. TEFAP Food Distribution, March 9, 9-noon. Blood Pressure Screening, March 11, 11 to noon. PBS movie ("Young at Heart -- You are Never Too Old to Rock"), March 13, 10:15 a.m. Crafts, March 14, 10-noon. Monthly Food Distribution, March 15, 10-11 a.m. St. Patrick's Day Party, March 16, gather 11:30 a.m., lunch noon (call 786-8850 at least one day prior to reserve a seat). Birthday Party and Easter Dinner, March 28, gather 11:30 a.m., lunch noon (call 786-8850 at least one day prior to reserve a seat).