

MAY MENU **ESCANABA SENIOR CENTER**

Mon **Tue** **Wed** **Thu** **Fri**

<p style="color: red; font-weight: bold;">Menu is for all our senior centers. Call your senior center with questions/ comments.</p>	<p>1 Cabbage Casserole Baby Carrots French Bread Pears</p>	<p>2 Beef Stew Coleslaw Biscuit Brownie</p>	<p>3 Turkey/Stuffing Mashed Potatoes and Gravy Mixed Vegetables Pumpkin Fluff</p>	<p>4 Taco Salad Fruit Cup Muffin (Taco/Nacho Bar at center only)</p>	
	<p>7 Cheesy Chicken Penne Casserole Brussel Sprouts Salad Fruit</p>	<p>8 Salisbury Steak Mashed Potatoes and Gravy Cook's Choice Vegetable Diced Peaches</p>	<p>9 Chicken Cordon Bleu Coconut Rice Key Largo Vegetables Strawberry Spinach Salad Strawberry Delight</p>	<p>10 Ham Scalloped Potatoes Green Beans Tropical Fruit</p>	<p>11 Porcupine Meatballs Mashed Potatoes and Gravy Broccoli Mandarin Oranges</p>
	<p>14 Shepherd's Pie Corn Fruit</p>	<p>15 Turkey Broccoli Casserole Capri Mixed Vegetables Apple Crisp</p>	<p>16 Egg Bake (Ham, Cheese) Hash Brown Danish Fresh Fruit</p>	<p>17 Beef Tips Over Noodles California Blend Vegetables Coleslaw Fruit</p>	<p>18 BBQ Chicken Breast Sour Cream & Chive Potatoes Mixed Vegetables Fruit</p>
	<p>21 BLT Wrap Broccoli/Raisin Salad Fruited Pudding</p>	<p>22 Baked Chicken Baked Potato Country Trio Vegetables Diced Peaches</p>	<p>23 Chop Suey Oriental Vegetable Blend Oriental Coleslaw Peach Quick Cake</p>	<p>24 Goulash Garlic Bread Corn Pineapple Tidbits</p>	<p>25 Cheesy Medley Soup Meat Sandwich Copper Penny Salad Fruited Jello</p>
	<p style="color: red; font-weight: bold; font-size: 1.2em;">28 CLOSED FOR MEMORIAL DAY</p>	<p>29 Chicken Parmesan over Noodles Italian Blend Vegetables Garlic Bread Fruit</p>	<p>30 Pork Chop Baked Potato Prince William Vegetables Applesauce Birthday Cake</p>	<p>31 Sloppy Joe on Bun Macaroni & Cheese Green/Wax Beans Fruit Whip</p>	<p style="font-size: 2em; color: magenta; font-weight: bold;">MAY</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, May 7, (call 786-8850 for appointment). **Crafts**, May 2, 10-noon.
Mother's Day Celebration, May 9, gather 11:30 a.m., lunch noon (call 786-8850 at least one day prior to reserve a seat). **Blood Pressure Screening**, May 15, 11-noon.
Monthly Food Distribution, May 17, 10-11 a.m. **Birthday Party**, May 24, gather 11:30 a.m., lunch noon (call 786-8850 at least one day prior to reserve a seat). **Closed May 23 for Memorial Day.**