

NOVEMBER MENU

ESCANABA SENIOR CENTER

Mon

Tue

Wed

Thu

Fri

<p><i>Subject to change</i></p> <p>Menu is for all our senior centers. Call your senior center with questions/comments.</p> 				
			1 Stuffed Green Peppers Capri Mix Vegetables Peach	2 Turkey/Cranberry Wrap Broccoli Raisin Salad Yogurt Parfait
5 Citrus Chicken Breast Mashed Potatoes/Gravy Brussel Sprouts Diced Pears	6 Scrambled Eggs/Ham and Cheese Hash Browns Fruit Cup; Juice Bread Pudding	7 Meatloaf Baked Potato Corn Fruit Whip	8 BBQ Pulled Pork w/Bun Coleslaw Baked Beans Fruit	9 Beef Stew Garden Salad Biscuit Pineapple Upside Down Cake
12 Salisbury Steak/Gravy Diced Potatoes Peas and Carrots Diced Peaches	13 Cabbage Casserole Baby Carrots French Bread Fruit Crisp	14 Turkey/Stuffing Mashed Potatoes/Gravy Green Bean Casserole Cranberries Dinner Roll Pumpkin Pie	15 Salsa Chicken Coconut Rice Mixed Vegetables Fruit	16 Chop Suey/Rice Oriental Vegetables Oriental Coleslaw Mandarin/Pineapple Cup
19 Jumbo Beef Ravioli Italian Blend Vegetables Caesar Salad Garlic Bread Fruit	20 Bratwurst with Bun Oven Potatoes Calico Beans Fruited Jello	21 Chili Marinated Vegetables Cornbread Fruit	22 CLOSED FOR THANKSGIVING	23 CLOSED FOR THANKSGIVING
26 Turkey Rice Broccoli Casserole Green & Wax Beans Fruit	27 Tahitian Chicken Mashed Potatoes/Gravy Key Largo Blend Vegetables; Pineapple	28 BBQ Ham Balls Baked Potato Country Trio Vegetables Banana Crème Pie	29 Salmon Filet w/Dill Sauce Sour Cream and Chive Potatoes Peas Mandarin Oranges	30 Boiled Dinner (Ham, Cabbage, Potatoes, Carrots) Biscuit Fruit

[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.

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, Sit & Be Fit, 11-11:45 a.m.

OTHER ACTIVITIES:

Foot Clinic, Nov. 5, (call 786-8850 for appointment). Hospice Presentation, Nov. 6,

11 a.m. Arts and Crafts, Nov. 7, 10-noon. Eye Health Speaker, Nov. 13, 11 a.m.

Thanksgiving Meal, Nov. 14, gather 11:30 a.m., lunch noon (call 786-8850 at least one day prior to reserve a seat). Monthly Food Distribution, Nov. 15, 10-11 a.m. Hos-

pice Presentation, Nov. 20, 11 a.m. **Closed Nov. 22-23 for Thanksgiving.** Skin Care

with Lindsay, Nov. 27, 11 a.m. Birthday Party, Nov. 28, gather 11:30 a.m., lunch

noon (call 786-8850 at least one day prior to reserve a seat).