

# NOVEMBER MENU

# MENOMINEE SENIOR CENTER

Mon

Tue

Wed

Thu

Fri

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

[HOW DO I GET TO THE SENIOR CENTER?](#)      [EMAIL THE 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.
- Every Saturday, Farmers Market, 8 a.m. to noon

### OTHER ACTIVITIES:

Foot Clinic, Nov. 8 & 19, (call 863-3256 for appointment). Polish Heritage Dinner, Nov. 9, salad bar, 11:30 a.m. (call 863-3256 at least one day prior to reserve a seat). Veterans Day Ceremony, Nov. 12, 11:45 a.m. (free lunch for veterans; call 863-3256 at least one day prior to reserve a seat). Craft Day, Nov. 12, 1 p.m. Photography Tips, Nov. 13 & 15, 1-4 p.m. Thanksgiving Dinner, Nov. 14, salad bar, 11:30 a.m. (call 863-3256 at least one day prior to reserve a seat). Monthly Food Distribution, Nov. 20, 11 a.m. to noon. **Closed Nov. 22-23 for Thanksgiving.** Birthday Party, Nov. 28, salad bar, 11:30 a.m. (call 863-3256 at least one day prior to reserve a seat). Movie Day ("Forever My Girl"), Nov. 29, 12:45 p.m.