

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

2 Breaded Chicken Breast Potato Wedges Mixed Vegetables Sliced Peaches	3 Dinner Frank Cheesy Potatoes Buttered Corn Orange Slices	4 Porcupine Meatballs Red Potatoes Country Blend Veggies Sunshine Cake	5 Liver & Onions Mashed Potatoes w/ Gravy; Green Beans Fruited Pudding	6 Sloppy Joes Potato Salad Fresh Vegetables Golden Apple
9 Beef Parmesan w/ Linguini Brussel Sprouts Garden Salad Diced Pears	10 Ham Au Gratin Potatoes Baby Carrots Pistachio Dessert	11 Baked Salmon Sour Cream & Chive Potatoes Buttered Peas Cutie Fruit	12 Turkey Roll-Ups Sweet Potatoes Broccoli Pumpkin Bar	13 Hamburger Casserole Cut Green Beans Romaine salad Peach Quick Cake
16 Western Egg Bake (Ham, Potatoes, Cheese, Onions, Gr Peppers); OJ Mini Bagel	17 Pepper Steak w/Rice Oriental Vegetables Japanese Coleslaw Mandarin Oranges	18 Barbecue Ribs Baked Potatoes Peas-n-Carrots Fruit Cup	19 Chicken Cacciatore over Pasta Green Beans, Garlic Bread; Cherry Applesauce	20 Fish Sandwich Oven Potatoes Calico Beans Grape Dessert
23 Cream of Potato Soup Pickled Bologna Sandwich Coleslaw Fruit	24 Pork Chop Twice-Baked Potato Calif Blend Vegetables Chunky Applesauce	25 Vegetable Lasagna Caesar Salad Garlic Breadstick Peach Crisp	26 Tater Tot Casserole Carrots Ambrosia Dessert	27 Enchilada (lettuce, tomato & black olives on the side) Spanish Rice Fresh Melon Cup
30 Cheeseburger Sweet Potato Wedges Carrot-Raisin Salad Tropical Fruit	31 Baked Chicken Potatoes Fall Squash Fruit	 <p>OCTOBER MENU Menu is for <u>ALL</u> our senior centers. Call your senior center with questions/comments.</p>		

HOW DO I GET TO THE SENIOR 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, Wii Club, 10-noon; Sit & Be Fit, 11-11:45 a.m.

OTHER ACTIVITIES:

Foot Clinic, Oct. 2, (call 786-8850 for appointment). Crafts, Oct. 4, 10-noon. "Who Should You Trust?" presentation, Oct. 11, 11 a.m. Blood Pressure Screening, Oct.

17. Monthly Food Distribution, Oct. 19, 10-11 a.m. Birthday Party, Oct. 25, gather 11:30 a.m., lunch noon (call 786-8850 at least one day prior to reserve a seat).

SAC meeting, Oct. 26, 10-11 a.m. Halloween Party, Oct. 31, gather 11:30 a.m., lunch noon (call 786-8850 at least one day prior to reserve a seat).