

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

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

**HOW DO I GET TO THE SENIOR 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:**

Computer Class, Oct. 10 &amp; 12, 1-4 p.m. Estate Family Planning, Oct. 11, 11 a.m. Foot Clinic, Oct. 12 &amp; 16, (call 863-3256 for appointment). Blood Pressure Clinic, Oct. 16, 9-11 a.m.

Monthly Food Distribution, Oct. 17, 11 a.m. to noon. Craft Day, Oct. 17, 1 p.m. Flu Shot Clinic, Oct. 19. Movie Day ("Going in Style"), Oct. 26, 12:45 p.m. Birthday Party, Oct. 24, salad bar, 11:30 a.m. (call 863-3256 at least one day prior to reserve a seat). Halloween Party, Oct. 31, salad bar, 11:30 a.m. (call 863-3256 at least one day prior to reserve a seat).