

OCTOBER MENU

ESCANABA SENIOR CENTER

Mon	Tue	Wed	Thu	Fri
<p>1 Chicken Breast Potato Wedges Mixed Vegetables Sliced Peaches</p>	<p>2 Liver & Onions OR Beef Steak (<i>call with selection</i>) Mashed Potatoes with Gravy Green Beans Fruited Pudding</p>	<p>3 Porcupine Meatballs Smashed Red Potatoes Country Blend Veggies Sunshine Cake</p>	<p>4 Sloppy Joes Mac & Cheese Fresh Veggies Apple</p>	<p>5 Polish Sausage with Sauerkraut Cheesy Potatoes Buttered Corn Orange Slices</p>
<p>8 Spaghetti with Meat Sauce Garlic Breadstick Italian Vegetable Diced Pears</p>	<p>9 Sweet & Sour Pork over Rice Oriental Coleslaw Fruit Cup</p>	<p>10 Chili Cinnamon Sweet Roll Pea & Cheese Salad Fruit</p>	<p>11 Swiss Mushroom Chicken Breast Sweet Potatoes Broccoli Pumpkin Mousse</p>	<p>12 Goulash Green Beans Romaine salad Peaches</p>
<p>15 Western Egg Bake (Ham, Potatoes, Cheese, Onions, Green Peppers) Orange Juice Danish</p>	<p>16 Chicken Parmesan over Pasta Garlic Bread Prince William Veggies Green Beans Cherry Applesauce</p>	<p>17 Ham Slice Au Gratin Potatoes Baby Carrots Ambrosia</p>	<p>18 Stuffed Chicken Salad on tomato served on bed of lettuce Cranberry Jell-O Muffin</p>	<p>19 Fish Sandwich Oven Potatoes Calico Beans Grape Dessert</p>
<p>22 Tater Tot Casserole Key West Vegetables Mandarin Oranges</p>	<p>23 Beef Enchilada (lettuce, tomato, & black olives on the side) Spanish Rice Fresh Melon Cup</p>	<p>24 Chicken Alfredo Lasagna Italian Vegetables Garlic Breadstick Fruit</p>	<p>25 Pepper Steak over Rice Oriental Veggies Japanese Coleslaw Peach Crisp</p>	<p>26 Cream of Broccoli Soup Stacked Ham Sandwich Cold Salad Sliced Pears</p>
<p>29 Cheeseburger w/Bun Potato Wedges Baked Beans Tropical Fruit</p>	<p>30 Baked Chicken Baked Potatoes Fall Squash Chunky Applesauce</p>	<p>31 Bacon Pork Chops Twice-Baked Potato California Blend Veggies Halloween Dessert</p>	<p style="text-align: center;">Menu is for all our senior centers. Call your senior center with questions/comments.</p> <hr/> <p style="text-align: center;"><i>Subject to change</i></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.
- 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, Oct. 1, (call 786-8850 for appointment). Crafts, Oct. 10, 10-noon. Fall Color Tour, Oct. 11, 10 a.m. Emergency Evacuation Speaker, Oct. 16, 11 a.m. Monthly Food Distribution, Oct. 18, 10-11 a.m. SAC Meeting, Oct. 25, 10 a.m. Birthday/Halloween Party, Oct. 31, gather 11:30 a.m., lunch noon (call 786-8850 at least one day prior to reserve a seat).