

OCTOBER MENU

MENOMINEE SENIOR CENTER

Mon

Tue

Wed

Thu

Fri

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| <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>Menu is for all our senior centers. Call your senior center with questions/comments.</p> <p><i>Subject to change</i></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, Oct. 11 & 15, (call 863-3256 for appointment). Monthly Food Distribution, Oct. 16, 11 a.m. to noon. Craft Class (fall/winter item), Oct. 17, 9 a.m. Winter Safety presentation, Oct. 17, 11:30 a.m. Windows 10 Advanced Workshop, Oct. 23 & 25, 1-4 p.m. SAIL presentation (assistive technology devices), Oct. 24, 11 a.m. to 1 p.m. Public Health Menominee and Delta Flu Shot Clinic, Oct. 25, (call 863-3256 for appointment). Movie Day ("Monster Squad"), Oct. 30, 12:45 p.m. Birthday/Halloween Party, Oct. 31, salad bar, 11:30 a.m. (call 863-3256 at least one day prior to reserve a seat).