

SEPTEMBER MENU

ESCANABA SENIOR CENTER

Mon	Tue	Wed	Thu	Fri
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3 CLOSED FOR LABOR DAY	4 Salisbury Steak Mashed Potatoes/Gravy Broccoli Fruit	5 Bourbon Steak Coconut Rice Carrots Garden Salad Fruit	6 BBQ Pork Ribs Boiled Potato Key Largo Veggies Tropical Fruit	7 Chicken Breast Sour Cream Chive Potatoes Baked Beans Fruited Pudding
10 Scrambled Eggs Sausage Links Hash Browns Juice Mandarin Oranges	11 Lasagna w/Meat Sauce Caesar Salad Breadstick Chunky Applesauce	12 Pineapple BBQ Chicken Phiily Potatoes California Blend Fresh Fruit	13 Baked Ham Tetrazzini Mixed Veggies Harvard Beets Orange Pineapple Cake	14 Goulash Ranch/Bacon Green Beans Cornbread Fruit
17 Breaded Chicken Patty Twice Baked Potato Key Largo Veggies Fruit Cocktail	18 Sweet/Sour Meatballs over Rice Oriental Vegetables Oriental Coleslaw Pineapple	19 Roast Pork w/ apricot glaze Mashed Potatoes/butter Mixed Vegetables Applesauce	20 Chicken Pot Pie Lettuce Salad Oatmeal/Raisin Cookie	21 Cold Tuna Macaroni Salad Marinated Vegetables Pistachio Pineapple Delight
24 Pork Steak/w Sauerkraut Boiled Potato w/butter Cream Corn Peach	25 Baked Ham Mashed Potatoes Broccoli w/Cheese Sauce; Pears	26 Salmon Patty Sweet Potato Corn Cornbread Fresh Fruit Cup	27 Chicken Alfredo over Linguini Peas Cucumber Salad Pumpkin Mousse	28 Beef Barley Soup Egg Salad Sandwich on Rye Bread Peas and Cheese Salad Fruit

Subject to change

Menu is for all our senior centers. Call your senior center with questions/comments.

SEPTEMBER

[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, Wii Club, 10-noon; Sit & Be Fit, 11-11:45 a.m.

OTHER ACTIVITIES:
CLOSED FOR LABOR DAY, Sept. 3. Foot Clinic, Sept. 4, 9-11:30 a.m. (call 786-8850 for appointment). **Crafts**, Sept. 12, 10-noon. **TEFAP Food Distribution**, Sept. 14, 9-noon. **Monthly Food Distribution**, Sept. 20, 10-11 a.m. **Birthday Party**, Sept. 26, gather 11 a.m., lunch noon (call 786-8850 at least one day prior to reserve a seat). **Deadline to apply for property tax credits**, Sept. 28.