


SEPTEMBER MENU			MENOMINEE 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
<p><i>Subject to change</i></p> <p>Menu is for all our senior centers. Call your senior center with questions/comments.</p> <p>SEPTEMBER </p>				

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WEEKLY ACTIVITIES: MENOMINEE 863-3256

- Every Monday, Exercise class, 9 a.m.
- Every Tuesday, Line Dancing, 10 a.m.
- Every Wednesday, Card playing, 1 p.m.
- Every Thursday, Exercise class, 10:15 a.m.
- Every Friday, Duplicate bridge, 10 a.m.

OTHER ACTIVITIES:

CLOSED FOR LABOR DAY, Sept. 3. Worth the Weight Contest kicks off, Sept. 5, 9 a.m. Senior Advisory Council meeting, Sept. 12, 10 a.m. Foot Clinics, Sept. 13 & 17 (call 863-3256 for appointment). TEFAP Food Distribution, Sept. 14, 8-11 a.m. Photo Editing Class, Sept. 18 & 20, 1-4 p.m. Monthly Food Distribution, Sept. 18, 11:30 a.m. to 1 p.m. Art Party at the Center, Sept. 19. Movie Day ("Ocean's Eight"), Sept. 25, 12:45 p.m. Birthday Party, Sept. 26, salad bar, 11:30 a.m. (call 863-3256 at least one day prior to reserve a seat).