

WAWATAM AREA SENIOR CITIZENS INC.

INCLUDED WITH EVERY MEAL: Soup of the Day, Bread, Salad Bar and Dessert Table.

205 Cedar Street, Mackinaw City, Mi.

Hours 5:30 P.M. on Monday, Tuesday, Thursday, Friday and 1:00 P.M. on Sundays

<http://www.mackinawcity.org/Community/WawatamAreaSeniors.aspx>

Telephone 231-436-5323

Under 55 \$5.50 a meal

OCTOBER 2017

55 and over, \$3.50 meal

All meals are portion controlled. Please Remember to Donate for Drinks as they are not included in meal price.

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1		2		3		4		5					
BAKED HONEY GLAZE HAM MASHED POTATOES GRAVY SQUASH		GOULASH GARLIC BREAD		COUNTRY FRIED STEAK MASHED POTATOES GRAVY SPINACH		Closed		BAKED CHICKEN RICE PILAF NORTHWEST BLEND HEART HEALTHY		DEEP FRIED COD BAKED POTATO MIXED VEGETABLE		Closed for Meals	
8		9		10		11		12		13		14	
PORK ROAST SCALLOPED POTATOES GREEN BEANS		SPAGHETTI AND MEATBALLS BREAD STICKS BROCCOLI		LIVER AND ONIONS BAKED POTATOES VEG OR CHICKEN SALAD FRUIT PLATE		Closed		MEATLOAF MASHED POTATOES GRAVY PEAS		LEMON PEPPER CHICKEN ROASTED POTATOES CALIFORNIA BLEND HEART HEALTHY		Closed OPEN FOR EUCHRE AT 1:00PM	
15		16		17		18		19		20		21	
OVEN ROASTED TURKEY MASHED POTATOES GRAVY STUFFING CARROTS HEART HEALTHY		STUFFED CABBAGE MASHED POTATOES GRAVY SWEET CORN		CHICKEN FAJITAS SPANISH RICE FRIED ZUCCHINI HEART HEALTHY		Closed		BEEF TIPS OVER EGG NODDLES STEAMED CAULIFLOWER		BBQ RIBS AND KRAUT BAKED BEANS BAKED POTATO MIXED VEGETABLE		Closed	
22		23		24		25		26		27		28	
ROAST BEEF MASHED POTATOES GRAVY BRUSSEL SPROUTS		SALISBURY STEAK SOUR CREAM AND BACON POTATOES CARROTS		FRENCH TOAST BAKE HASHBROWNS BACON		closed		PORK CHOPS AUGRATIN POTATOES GREEN BEANS		WHITE FISH BAKED POTATOES NORTHWEST BLEND VEGETABLE HEART HEALTHY		Closed for Meals	
29		30		31									
ASPARGUS STUFFE PORK LOIN MASHED POTATOES		HOT BEEF SAND MASHED POTATOES GRAVY PEAS		KIELBASA AND KRAUT RED POTATOES									

**ALL BOARD MEETINGS ARE THE FIRST THURSDAY OF THE MONTH
THIS MONTH IT WILL BE OCT. 5TH AT 6:30 PM**