

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

SEPTEMBER 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
					BAKED WHITEFISH	
					BAKED POTATO	
			Closed		PEAS	Closed
					HAPPY BIRTHDAY CAKE	
					HEART HEALTHY	
3	4	5	6	7	8	9
TURKEY DINNER	CLOSED FOR LABOR DAY	BEEF STIR FRY		GRILLED CHICKEN	PORK CHOPS	
MASHED POTATOES		FRIED RICE		BREAST	MASHED POTATOES	
GRAVY		BROCCOLI	Closed	ROASTED POTATOES	GRAVY	Closed for Meals
STUFFING AND CARROTS				CORN		Open for Euchre at 1:00pm
					NORTHWEST BLEND	
				HEART HEALTHY		
10	11	12	13	14	15	16
BEEF POT ROAST	BAKED SPAGHETTI	BBQ CHICKEN		LIVER AND ONIONS	BAKED COD	
CARROTS POTATOES AND ONIONS	GARLIC BREAD	BOILED POTATOES	Closed	BAKED POTATOES	POTATO WEDGES	Closed
CORN BREAD	BROCCOLI	CAULIFLOWER		OR CHICKEN SALAD	CALIFORNIA BLEND	
CARROTS				AND FRUIT PLATE		
					HEART HEALTHY	
17	18	19	20	21	22	23
ROSEMARY PORK LOIN	SALISBURY STEAK	GRILLED CHOPPED STEAK		LEMON PEPPER	BBQ RIBS AND KRAUT	
MASHED POTATOES	MASHED POTATOES	AUGRATIN POTATOES	Closed	CHICKEN BREAST	BAKED BEANS	Closed
GRAVY	GRAVY	CARROTS		RICE PILAF	BAKED POTATO	
MIXED VEGETABLE	CORN			GREEN BEANS	MIXED VEGETABLE	
				HEART HEALTHY		
24	25	26	27	28	29	30
MEATLOAF	CHICKEN CORDON	TUNA CASSEROLE		HAM DINNER	POLLACK	Closed for Meals
mashed potatoes	BLEU	GARLIC BREAD STICKS	closed	MASHED POTATOES	RED POTATOES	
GRAVY	BROWN RICE	PEAS		GRAVY	CAULIFLOWER	
SQUASH	CARROTS			GREEN BEANS		
					HEART HEALTHY	
All board meetings are the first Thursday of the Month. This month the meeting is SEPT 7, at 6:30 p.m.						