

WAWATAM AREA SENIOR CITIZENS INC.

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

New Hours 5:30 P.M. on Monday, Tuesday, Thursday, Friday 205 Cedar Street, Mackinaw City, Mi.

1:00 on Sundays <http://www.mackinawcity.org/Community/WawatamAreaSeniors.aspx>

Telephone 231-436-5323

Under 55 \$5.50 a meal AUG 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				5
		LASAGNA		BEEF STROGANOFF	BAKED WHITEFISH	
		GARLIC BREAD		SWEET POTATOES	BAKED POTATO	
		STEAMED BROCCOLI	Closed	NORTHWEST BLEND	PEAS	Closed
				VEGETABLES		
					HEART HEALTHY	
	7	8	9	10	11	12
HONEY GLAZED HAM	POLISH SAUSAGE	TACO CASSEROLE		BEEF TIPS	LIVER AND ONIONS	
MASHED POTATOES	SAUERKRAUT	REFRIED BEANS		OVER EGG NOODLE	BAKED POTATO	
GRAVY	BOILED POTATOES	CORN	Closed	MIXED VEGETABLES	OR TUNA SALAD	Closed for Meals
SQUASH	CAULIFLOWER				FRUIT PLATE	Open for Euchre
						at 1:00pm
					HEART HEALTHY	
13	14	15	16	17	18	
ROSEMARY PORK	MEAT STUFFED	BAKED CHICKEN		BBQ PULLED PORK	GRILLED RAINBOW	
ROAST	ACORN SQUASH	BREAST	Closed	ON A BUN	TROUT	Closed
MASHED POTATOES	RICE PILAF	SWEET POTATOES		SWEET CORN	BAKED POTATO	
GRAVY		MIXED VEGETABLES		ON THE COB	GREEN BEANS	
CARROTS		HEART HEALTHY			HEART HEALTHY	
20	21	22			25	26
ROAST BEEF		HOT BEEF		SWEET AND SOUR	BBQ RIBS	
WILD RICE	STUFFED PORK CHOP	SANDWICHES	Closed	CHICKEN	RIBS AND KRAUT	Closed
BRUSSEL SPROUTS	MASHED POTATOES	MASHED POTATOES		RICE	BAKED BEANS	
	GRAVY			ORENTIAL VEGETABLE	CALIFORNIA BLEND	
	NORTHWEST BLEND	PEAS		HEART HEALTHY		
	28	29		31		
CHICKEN AND	REUBENS	COUNTRY FRIED		HAM STEAKS		Closed for Meals
DUMPLINGS		STEAK	closed	BAKED POTATOES		
GLAZED CARROTS	MAC AND CHEESE	MASHED POTATOES		GREEN BEAN		
CORN BREAD	CORN	FRIED ZUCCHINI				
All board meetings are the first Thursday of the Month. This month t						AUGUST 3 AT 6:30