

SEPTEMBER 2019

WAWATAM AREA SENIOR CITIZENS INC.

Telephone 231-436-5323

205 Cedar Street, Mackinaw City, MI 49701

HOURS 5:30 PM on Mon, Tue, Thu, and Fri. and at 1PM Sun. Salad bar and Soup opens one hour prior.

Closed Wed. and Sat

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

Members discounted- \$4.00 a Dinner.

All Non Members \$10.00 a Dinner

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 Baked Chicken Mashed Potatoes Gravy & Veg Heart Healthy | 2 Hamburgers French Fries Veg | 3 Horn Steak Scalloped Potatoes Veg | 4 CLOSED | 5 Chicken & Dumplings Veg 1PM MOVIE 6:30PM Board Meeting | 6 Meat Loaf Macaroni & Cheese Veg Birthday Night | 7 CLOSED |
| 8 1PM Roast Beef Mashed Potatoes Gravy & Veg | 9 Chicken & Dumplings Veg | 10 Taco Night With all the trimmings. | 11 CLOSED | 12 Baked Chicken Breast Rice Pilaf Veg Heart Healthy 1PM MOVIE | 13 BBQ Ribs Baked Potato Baked Beans | 14 CLOSED 1PM EUCHRE TOURNAMENT |
| 15 Pork Roast Mashed Potatoes Gravy & Veg | 16 Chicken Stew Biscuits | 17 Spaghetti Garlic Bread Veg | 18 CLOSED | 19 Liver & Onions Au gratin Potatoes Veg | 20 Pork Chop Baked Potato Veg | 21 CLOSED |
| 22 Baked Chicken Mashed Potatoes Gravy & Veg | 23 Stuffed Cabbage Boiled Potatoes | 24 Chicken Pot Pie | 25 CLOSED | 26 Swedish Meat Balls Mashed & Gravy Veg | 27 10:30AM FOOT CARE Baked Rainbow Trout Macaroni & Cheese Veg | 28 CLOSED |
| 29 Turkey Dinner Mashed Potatoes Stuffing & Gravy Veg Heart Healthy | 30 Beef Tips & Noodles Veg | | CLOSED | 1PM MOVIE | | |