

OCTOBER 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. 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
		Hot Turkey Sandwich Mashed Potatoes Gravy & Veg	CLOSED	Pork Chop Baked Potato & Veg 1PM MOVIE	Meat Loaf Mashed Potatoes Gravy & Veg	CLOSED
				6:30PM Board Meeting	Birthdays Night	
6	7	8	9	10	11	12
Baked Chicken Mashed Potatoes Gravy & Veg	Spaghetti Garlic Bread Veg	Ham Steak Macaroni & Cheese Veg	CLOSED	Liver & Onions Au gratin Potatoes Veg	Baked Rainbow Trout Baked Potato Veg	CLOSED 1PM EUCHRE TOURNAMENT
Heart Healthy				1PM MOVIE		
13	14	15	16	17	18	19
Pork Roast Mashed Potatoes Gravy & Veg	Stuffed Cabbage Boiled Potatoes	Taco Night With all the trimmings	CLOSED	Chicken Stew Biscuits	BBQ Ribs Baked Potato Baked Beans	CLOSED
20	21	22	23	24	25	26
Roast Beef Mashed Potatoes Gravy & Veg	Chicken Pot Pie	Swedish Meat Balls Mashed Potatoes Gravy & Veg	CLOSED	1PM MOVIE Baked Chicken Breast Rice Pilaf Veg Heart Healthy 1PM MOVIE	10:30AM FOOT CARE Swiss Steak Mashed Potatoes Veg	CLOSED
27	28	29	30	31		
Turkey Dinner Mashed Potatoes Stuffing & Gravy Veg Heart Healthy	Lasagna Garlic Bread Veg	Chicken & Dumplings Veg	CLOSED	Beef Tips & Noodles Veg 1PM MOVIE		