



POSEN APRIL MENU




Congregate meals served Sunday - Thursday. Closed Friday & Saturday

Dinner is a suggested *donation* of \$3.00 for seniors 60 years and older.

The meal cost is \$6.00 per person under 60.

— Posen Center Meal Times —

Sunday Congregate: Soup and Salad at 3:00 pm, Meal at 4:00 pm
Monday—Thursday Congregate: Soup at 3:00 pm, Meal at 4:30 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 Garlic Ginger Chicken White Rice Prince Charles Blend Peaches Wheat Bread	2 Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread	3 Goulash California Blend Diced Pears	4 BBQ Pulled Pork Sandwich Steak Fries Cauliflower Watermelon
7 Scalloped Potatoes w/ Ham California Blend Cinnamon Applesauce Dinner Roll	8 Cabbage Roll Casserole Red Bliss Potatoes Peaches	9 Salisbury Steak Mashed Potatoes w/ Gravy Broccoli & Cauliflower Pineapple	10 Baked Chicken Baked Potato Corn Plums Biscuit	11 Sloppy Joe Potato Medley Wax Beans Pineapple Wheat Bun
14 BBQ Chicken 1/4's Potato Salad Green Beans Fresh Melon	15 Country Fried Steak Mashed Potatoes w/ Gravy Peas Mandarin Oranges	16 Open Face Roast Beef Sandwich Wax Beans Tropical Fruit	17 Chicken Parmesan Broccoli Mandarin Oranges Breadstick	18 Beef Tips Egg Noodles Capri Veggies Peaches Corn Bread
21  CLOSED	22 Stuffed Green Peppers Red Bliss Potatoes Carrots Watermelon	23 Chicken & Dumplings Peas Cucumber Slices Strawberries	24 Herbed Pork Loin Oven Roasted Potato Green Beans Applesauce	25 Meatloaf Mashed Potatoes Green Beans Fresh Melon
28 Lasagna Sautéed Zucchini Spinach Cantaloupe	29 Dijon Chicken Parsley Noodles Broccoli Plums	30 Hamburger Oven Roasted Potatoes Wax Beans Apricots		

All meals served with bread, margarine and milk according to guidelines.

Menu subject to change due to food availability.

Federal and state grants cover only a portion of the meals we provide. Donations are important to PICCOA.



ONAWAY APRIL MENU



Congregate meals served Sunday - Thursday. Closed Friday & Saturday
 Dinner is a suggested *donation* of \$3.00 for seniors 60 years and older.
 The meal **cost** is \$6.00 per person **under 60**.

— Onaway Center Meal Times —
Sunday Congregate: Soup and Salad at 12:00 pm, Meal at 1:00 pm
Monday—Thursday Congregate: Soup at 3:00 pm, Meal at 4:30 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 Garlic Ginger Chicken White Rice Prince Charles Blend Peaches Wheat Bread	2 Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread	3 Goulash Green Beans Pears	4 BBQ Pulled Pork Sandwich Tater Tots Peaches Cauliflower
7 Scalloped Potatoes w/ Ham California Blend Cinnamon Applesauce Dinner Roll	8 Chicken Salad Wrap Potato Salad Cucumber Slices Strawberries	9 Salisbury Steak Mashed Potatoes w/ Gravy Broccoli & Cauliflower Pineapple	10 Baked Chicken Breast Baked Potato Beets Plums Biscuit	11 Sloppy Joe Potato Medley Wax Beans Peaches Wheat Bun
14 BBQ Chicken 1/4 Potato Salad Green Beans Fresh Melon	15 Country Fried Steak Mashed Potato w/ Gravy Brussel Sprouts	16 Ham & Cheese On Bun Macaroni Salad Tossed Salad Watermelon	17 Chicken Parmesan Broccoli Mandarin Oranges Breadstick	18 Beef Tips Egg Noodles Peas & Carrots Peaches Corn Bread
21  CLOSED	22 Open Face Roast Beef Sandwich Wax Beans Fruit Cocktail	23 Cabbage Casserole Red Bliss Potatoes Peaches	24 Chicken Pot Pie Broccoli Plums Biscuit	25 Meatloaf Mashed Potato Green Beans Fresh Melon
28 Lasagna Spinach Pineapple Breadstick	29 Pork Chops Oven Roasted Potato Green Beans Applesauce Wheat Bread	30 Hamburger Tater Tots Wax Beans Apricots Wheat Bun		

All meals served with bread, margarine and milk according to guidelines.
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