



POSEN AUGUST 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

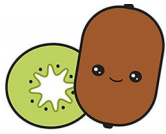
Monday—Thursday Congregate: Soup at 3:00 pm, Meal at 4:30 pm

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|--|--|--|---|---|
| | | | | 1 Beef Tips Egg Noodles Capri Veggies Peaches Corn Bread |
| 4 Pork Roast Mashed Potatoes w/ Gravy Corn Applesauce Dinner Roll | 5 Stuffed Green Peppers Redskin Potatoes Carrots Watermelon | 6 Chicken and Dumplings Peas Carrots Strawberries | 7 BBQ Pulled Pork Steak Fries Cauliflower Cole Slaw Watermelon Wheat Bun | 8 Italian Baked Chicken Breast Mashed Potatoes Carrots Pears Wheat Bread |
| 11 Lasagna Sautéed Zucchini Spinach Cantaloupe | 12 Dijon Chicken Parsley Noodles Broccoli Plums | 13 Hamburger Roasted Potatoes Wax Beans Apricots Wheat Bun | 14 Meatloaf Mashed Potatoes w/ Gravy Corn Fresh Melon | 15 Breaded Fish Parmesan Noodles Scandinavian Blend Fresh Melon Wheat Bread |
| 18 Beef Roast Mashed Potatoes w/ Gravy Peas Pears Dinner Roll | 19 Garlic Ginger Chicken Breast White Rice Prince Charles Blend Peaches Wheat Bread | 20 Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread | 21 Goulash California Blend Pears | 22 Herbed Pork Loin Oven Roasted Potato Green Beans Applesauce |
| 25 Ham & Scalloped Potatoes California Blend Cinnamon Applesauce Dinner Roll | 26 Baked Chicken Breast Hashbrown Cubes Corn Biscuit | 27 Salisbury Steak Mashed Potatoes w/ Gravy Broccoli & Cauliflower Pineapple | 28 Cabbage Casserole Redskin Potatoes Cauliflower Peaches | 29 Sloppy Joe Potato Medley Wax Beans Pineapple Wheat Bun |

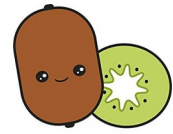
All meals served with bread, margarine and milk according to guidelines.

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 AUGUST 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 Beef Tips Egg Noodles Peas & Carrots Peaches Cornbread |
| 4 Roast Pork Mashed Potatoes w/ Gravy Corn Applesauce Dinner Roll | 5 Open Face Roast Beef Sandwich Wax Beans Fruit Cocktail | 6 Cabbage Casserole Boiled Potato Peaches | 7 Chicken Pot Pie Broccoli Plums Biscuit | 8 Meatloaf Mashed Potatoes w/ Gravy Green Beans Fresh Melon |
| 11 Lasagna Spinach Pineapple Breadstick | 12 Pork Chops Roasted Potatoes Green Beans Applesauce Wheat Bread | 13 Hamburger Tater Tots Wax Beans Apricots Wheat Bun | 14 Italian Baked Chicken Breast Mashed Potato w/ Gravy Carrots Pears Wheat Bread | 15 Chop Suey White Rice Scandinavian Blend Fruit Parfait Wheat Bread |
| 18 Beef Roast Mashed Potatoes w/ Gravy Peas & Pearl Onions Pears Dinner Roll | 19 Garlic Ginger Chicken Breast White Rice Prince Charles Blend Peaches | 20 Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread | 21 Goulash Green Beans Pears Breadstick | 22 BBQ Pulled Pork Roasted Potatoes Cauliflower Pineapple Wheat Bun |
| 25 Ham & Scalloped Potatoes California Blend Cinnamon Applesauce Dinner Roll | 26 Chicken Salad Wrap Tossed Salad Cucumber Slices Strawberries | 27 Salisbury Steak Mashed Potatoes w/ Gravy Broccoli & Cauliflower Mandarin Oranges | 28 Baked Chicken Breast Baked Potato Beets Plums | 29 Sloppy Joe Potato Medley Wax Beans Pineapple Wheat Bun |

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

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