



# POSEN AUGUST MENU



Congregate meals for pick-up Sunday - Thursday.

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

The meal **cost** is \$6.00 per person **under 60**. To contact the Posen Center please call 989-766-8191.

**Sunday – Thursday : Congregate pick up times 12:00pm-1:30pm**  
**Please call to reserve your meal a day in advance or no later than 10:00 am the day of.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 Roast Pork Mashed Potatoes Corn Applesauce Wheat Bread	3 Bacon and Onion Quiche Stewed Tomatoes Spinach Watermelon	4 Ham and Cheese on a Bun Broccoli Wax Beans Cantaloupe	5 Garlic Ginger Chicken White Rice Prince Charles Blend Peaches Wheat Bread	6 Hamburger Roasted Potatoes Wax Beans Watermelon Wheat Bun
9 Lasagna Sauteed Fresh Zucchini Spinach Cantaloupe	10 Dijon Chicken Parsley Noodles Broccoli Plum Halves	11 Baked Italian Chicken Mashed Potatoes Carrots Diced Pears Wheat Bread	12 BBQ Pulled Pork Sandwich Steak Fries Cauliflower Creamy Coleslaw Watermelon	13 Breaded Fish Parmesan Noodles Scandinavian Veggies Fresh Melon
16 Beef Roast Mashed Potatoes w/ Gravy Peas Diced Pears	17 Meatloaf Mashed Potatoes Corn Fresh Melon	18 Lemon Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread	19 Goulash California Blend Veggies Diced Pears	20 Pork Loin Oven Roasted Potatoes Green Beans Applesauce
23 Baked Ham Sweet Potatoes California Blend Veggies Watermelon Dinner Roll	24 Baked Chicken Breast Hashbrown Cubes Corn Plums Biscuit	25 Salisbury Steak Mashed Potatoes Broccoli and Cauliflower Pineapple	26 Cabbage Rolls Red Bliss Potatoes Cauliflower Peaches	27 Sloppy Joe Potato Medley Wax Beans Pineapple Wheat Bun
30 Pulled BBQ Chicken Potato Salad Green Beans Fresh Melon	31 Country Fried Steak w/ Gravy Mashed Potatoes Peas Mandarin Oranges			

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

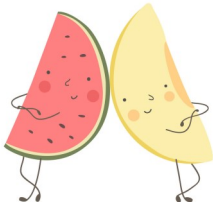



Congregate meals for pick-up Sunday - Thursday.

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

The meal **cost** is \$6.00 per person **under 60**. To contact the Onaway Center please call 989-733-2559.

**Sunday—Thursday : Congregate pick up times 12:00pm-1:30pm**  
**Please call to reserve your meal a day in advance or no later than 10:00 am the day of.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 Pork Roast Mashed Potatoes w/ Gravy Corn Applesauce Dinner Roll	3 Open Face Roast Beef Sandwich Wax Bean Fruit Cocktail	4 Cabbage Casserole Redskin Potatoes Peaches	5 Chicken Pot Pie Broccoli Berry Blend Biscuit	6 Meatloaf Mashed Potatoes w/ Gravy Green Beans Fresh Melon Wheat Bread
9 Lasagna Spinach Pineapple Breadstick	10 BBQ Pork Chops Roasted Potatoes Green Beans Applesauce Wheat Bread	11 Hamburger Tater Tots Wax Beans Fresh Grapes Wheat Bun	12 Italian Baked Chicken Breast Mashed Potatoes w/ Gravy Carrots Pears Wheat Bread	13 Hotdog Hashbrowns Baked Beans Watermelon Wheat Bun
16 Beef Roast Mashed Potatoes w/ Gravy Peas & Pearl Onions Pears Dinner Roll	17 Garlic Ginger Chicken Breast White Rice Prince Charles Peaches	18 Lemon Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread	19 Goulash Green Beans Apple Breadstick	20 BBQ Pulled Pork Sandwich Tater Tots Cauliflower Tropical Fruit
23 Scalloped Potatoes w/ Ham California Blend Cinnamon Applesauce Dinner Roll	24 Chicken Salad Wrap Potato Salad Cucumber Strawberries	25 Salisbury Steak Mashed Potatoes w/ Gravy Broccoli & Cauliflower Pineapple	26 Baked Chicken Baked Potato Beets Pears	27 Sloppy Joe Potato Medley Wax Beans Peaches Wheat Bun
30 BBQ Chicken 1/4's Potato Salad Green Beans Fresh Melon Dinner Roll	31 Country Fried Steak w/ Gravy Mashed Potatoes Brussel Sprouts Mandarin Oranges			

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

Menu subject to change due to food availability.

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