



# 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
			<sup>1</sup> Country Fried Steak Mashed Potatoes Peas Plums Biscuit	<sup>2</sup> Hamburger On Wheat Bun French Fries Baked Beans Fruit Cocktail
<sup>5</sup> Baked Ham Sweet Potatoes Corn Pineapple Wheat Bread	<sup>6</sup> Baked Cod Hashbrowns Carrots Tropical Fruit Cornbread	<sup>7</sup> Sweet & Sour Chicken Breast White Rice Broccoli Mandarin Oranges Dinner Roll	<sup>8</sup> Pork Patty Spanish Rice Mixed Vegetables Peaches Dinner Roll	<sup>9</sup> Open Face Turkey Sandwich Stuffing Carrots Applesauce
<sup>12</sup> Beef Roast Mashed Potatoes w/ Gravy Scandinavian Blend Strawberries Dinner Roll	<sup>13</sup> Chicken Parmesan Spaghetti French Style Green Beans Pears Breadstick	<sup>14</sup> Hotdog On Wheat Bun Baked Beans Carrots Mixed Melon	<sup>15</sup> Pepper Steak Wild Rice Cauliflower Apple Dinner Roll	<sup>16</sup> Cabbage Rolls Boiled Redskins Brussel Sprout Peaches Cornbread
<sup>19</sup> BBQ Chicken 1/4's Roasted Potatoes California Blend Watermelon Wheat Bread	<sup>20</sup> Ham & Cheese Frittata O'Brien Potatoes Stewed Tomatoes Apricots Biscuit	<sup>21</sup> Sloppy Joe On Wheat Bun Tater Tots Coleslaw Peaches	<sup>22</sup> Ravioli Prince Charles Blend Corn Plums Breadstick	<sup>23</sup> Smothered Pork Chops Oven Browns Scandinavian Blend Mandarin Oranges Dinner Roll
<sup>26</sup> Lasagna California Blend Beets Peaches Wheat Bread	<sup>27</sup> Salisbury Steak Mashed Potatoes Asparagus Bananas Wheat Bread	<sup>28</sup> Ginger Chicken White Rice Broccoli Tropical Fruit Biscuit	<sup>29</sup> Goulash Succotash Blend Carrots Cinnamon Apples Dinner Roll	<sup>30</sup> Tuna Noodle Casserole Italian Green Beans Stewed Tomatoes Melon Breadstick

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 Pork Chops Wild Rice Green Beans Applesauce Wheat Bread	2 Beef Tips w/ Egg Noodles Succotash Blend Fruit Cocktail Dinner Roll
5 BBQ Chicken 1/4s Potato Salad Peas & Carrots Watermelon Dinner Roll	6 Pepper Steak White Rice Cauliflower Apricots Wheat Bread	7 Baked Cod Tater Tots Diced Beets Peaches Wheat Bread	8 Garlic-Ginger Chicken Breast White Rice Broccoli Pineapple Dinner Roll	9 Sloppy Joe w/ Wheat Bun Oven Browns Scandinavian Blend Pears
12 Beef Roast Mashed Potato w/ Gravy California Blend Fruit Salad Dinner Roll	13 Kielbasa On Wheat Bun Potato Salad Wax Beans Peaches	14 Chicken Pot Pie Diced Beets Plums	15 Cabbage Rolls Boiled Redskins Carrots Apricots Wheat Bread	16 Chicken Salad Wrap Macaroni Salad Fresh Cucumbers Tropical Fruit
19 Lasagna Broccoli Cauliflower Mixed melon Breadstick	20 Scalloped Potatoes w/ Ham Carrots Applesauce Wheat Bread	21 Meatloaf Mashed Potato w/ Gravy Corn Mandarin Oranges Wheat Bread	22 Tuna Noodle Casserole Spinach Diced Pears Dinner Roll	23 Hamburger On Wheat Bun Hashbrowns Mixed Vegetables Strawberries
26 Pork Roast Mashed Potatoes w/ Gravy Scandinavian Blend Applesauce Dinner Roll	27 Swedish Meatballs w/ Egg Noodles Green Beans Tropical Fruit Wheat Bread	28 Ham & Cheese Frittata O'Brien Potatoes Stewed Tomatoes Diced Peaches Mini Biscuits	29 Coney Hotdog On Wheat Bun French Fries Tossed Salad Mandarin Oranges Pineapple	30 Chicken Patty Oven Browns Wax beans Apricots

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

Menu subject to change due to food availability.

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