



POSEN DECEMBER 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 Lasagna Peas & Pearl Onions Cauliflower Pineapple	2 Open Face Roast Beef Sandwich Cauliflower & Peas Tropical Fruit	3 Breaded Fish Parmesan Noodles Beets Grapes Wheat Bread	4 Baked Chicken Mashed Potatoes Broccoli Pears Wheat Bread	5 Beef Stroganoff Egg Noodles Capri Veggies Peaches
8 Beef Roast Mashed Potatoes w/ Gravy Yellow Squash Pears Dinner roll	9 Salmon Fillet Brown Rice Broccoli Fruit Cocktail Wheat Bread	10 BBQ Chicken Breast Tater Tots Carrots Peaches	11 Baked Spaghetti Caribbean Veggies Mandarin Oranges Breadstick	12 CLOSED In-Service Staff meeting
15 Rosemary Turkey Mashed Potatoes Carrots Blueberries	16 Baked Ham Sweet Potatoes Cauliflower Peach Delight	17 Swedish Meatballs Egg Noodles Brussel Sprouts Strawberries Wheat Bread	18 Pork Tenderloin Brown Rice Spinach Fruit Parfait Wheat Bread	19 Hamburger Steak Fries Green Beans Apricots Wheat Bun
22 Chicken 1/4's Brown Rice Broccoli Peaches	23 Chicken and Dumplings Peas California Blend Tropical Fruit	24  CLOSED Christmas Eve	25  CLOSED Christmas Day	26 Ginger Chicken Wild Rice Green Beans Apple Slices Wheat Bread
29 Roast Pork Mashed Potatoes Corn Applesauce Dinner Roll	30 Cabbage Casserole Brussel Sprouts Redskin Potatoes Peaches	31  CLOSED New Year's Eve		

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 DECEMBER 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 Lasagna Spinach Pineapple Breadstick	2 Pork Chops Roasted Potatoes Green Beans Applesauce Wheat Bread	3 Ham & Scalloped Potatoes Peas & Pearl Onions Mandarin Oranges Wheat Bread	4 Italian Baked Chicken Breast Mashed Potatoes Carrots Strawberries Wheat Bread	5 Beef Stroganoff Egg Noodles Wax Beans Peaches
8 Beef Roast Mashed Potatoes w/ Gravy Peas Pears Dinner Roll	9 Garlic Ginger Chicken Breast White Rice Prince Charles Berry Blend	10 Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread	11 Spaghetti w/ Meat Sauce Broccoli Mandarin Oranges Breadstick	12 CLOSED In-Service Staff Meeting
15 Baked Ham Candied Sweet Potatoes Cinnamon Applesauce Dinner Roll	16 Chicken Bowtie Pasta Brussel Sprouts Tropical Fruit	17 Salisbury Steak Mashed Potatoes w/ Gravy Corn Pineapple	18 Lemon Pepper Chicken Breast Baked Potato Mixed Veggies Peaches	19 Hamburger Roasted Potatoes Wax Beans Mandarin Oranges Wheat Bun
22 BBQ Chicken 1/4's Baked Potato Green Beans Peaches	23 Country Fried Steak w/ Gravy Mashed Potatoes Brussel Sprouts Mandarin Oranges	24  CLOSED Christmas Eve	25  CLOSED Christmas Day	26 Chop Suey White Rice Carrots Fruit Parfait Wheat Bread
29 Roast Pork Mashed Potatoes w/ Gravy Corn Applesauce Dinner Roll	30 Open Face Roast Beef Sandwich Wax Beans Tropical Fruit	31  CLOSED New Year's Eve		

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