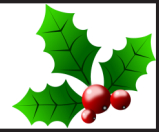




POSEN DECEMBER MENU



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-1:00pm
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
		1 Chicken Alfredo Broccoli Mixed Fruit	2 Chicken Tenders Mashed Potatoes Baby Carrots Apricots	3 Ground Beef Stroganoff Egg Noodles Capri Veggies Diced Peaches Wheat Bread
6 Beef Roast Mashed Potatoes w/ Gravy Roasted Squash Pears Dinner Roll	7 Parmesan Cod Parsley Noodles Broccoli Fruit Cocktail	8 Honey Glazed Pork Chop Mashed Sweet Potatoes Green Beans Applesauce	9 Baked Spaghetti Cauliflower Red Grapes Breadstick	10 Chicken and Biscuits Peas Applesauce
13 Rosemary Turkey Red Bliss Potatoes Brussel Sprouts Peaches	14 Baked Chicken Breast Wild Rice Cauliflower Mixed Fruit	15 Swedish Meatballs Egg Noodles Winter Blend Veggies Pineapple Wheat Bread	16 Oven Fried Garden Chicken Oven Roasted Potatoes Caribbean Veggies Mandarin Oranges Dinner Roll	17 Hamburger Waffle Fries Cali Blend Veggies Fresh Melon
20 BBQ Chicken 1/4's Brown Rice Brown Sugar Glazed Carrots Apricots	21 Cook's Choice Christmas Dinner	22 Meatloaf Parmesan Noodles Prince Charles Veggies Mandarin Oranges	23 Italian Baked Chicken Hashbrown Cubes Broccoli & Cauliflower Diced Pears	24 CLOSED 
27 Bacon and Onion Quiche Stewed Tomatoes Peaches Wheat Bread	28 Beef w/ Broccoli White Rice Cauliflower Peaches	29 Country Fried Steak Mashed Potatoes W/ Country Gravy Peas & Carrots Red Grapes	30 Tuna Noodle Casserole Wax Beans Fruit Cocktail	31 CLOSED 

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 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-1:00pm
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
		1 Ham & Scalloped Potatoes Peas & Pearl Onions Applesauce Wheat Bread	2 Italian Baked Chicken Mashed Potatoes w/ Gravy Carrots Pears Wheat Bread	3 Beef Stroganoff w/ Egg Noodles Wax Beans Peaches Wheat Bread
6 Beef Roast Mashed Potatoes w/ Gravy Peas Pears Dinner Roll	7 Garlic Ginger Chicken Breast White Rice Prince Charles Peaches	8 Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread	9 Spaghetti w/ Meat Sauce Broccoli Mandarin Oranges Breadstick	10 BBQ Pulled Pork Sandwich Cauliflower Berry Blend Wheat Bun
13 Meatloaf Mashed Potatoes w/ Gravy Green Beans Tropical Fruit	14 Chicken Bowtie Pasta Brussel Sprouts Tropical Fruit Wheat Bread	15 Salisbury Steak Mashed Potatoes w/ Gravy Corn Pineapple	16 Lemon Pepper Chicken Baked Potato Carrots Peaches	17 Hamburger Roasted Potatoes Green Beans Mandarin Oranges Wheat Bun
20 Baked Chicken Breast Baked Potato Carrots Peaches	21 Country Fried Steak w/ Gravy Mashed Potatoes Brussel Sprouts Mandarin Oranges	22 Turkey Egg Noodles Broccoli Pineapple Wheat Bread	23 Christmas Dinner Baked Ham Sweet Potatoes California Blend Applesauce	24 CLOSED 
27 Pork Roast Mashed Potatoes w/ Gravy Corn Applesauce Dinner Roll	28 Lemon Baked Cod Potato Medley Wax Beans Tropical Fruit	29 Swedish Meatballs White Rice Carrots Peaches	30 Chicken Pot Pie Broccoli Mandarin Oranges	31 CLOSED 

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.