

# January Menu

Dinner is a suggested donation of \$2.50 for seniors 60 years and older.  
The meal cost is \$5.00 per person under 60.

Sunday	Monday	Tuesday	Wednesday	Thursday
		1	2	3
		Closed For Holidays		
<b>6</b> <b>Salisbury Steak</b> Potato Medley, Sicilian Blend, Plum Halves	<b>7</b> <b>Country Fried Steak</b> Creamy Potato, Lemon Dill Carrots, Tropical Fruit	<b>8</b> <b>BBQ Chicken</b> Spanish Rice, Corn, Creamy Cucumber, Pineapple Tidbits	<b>9</b> <b>Shepard's Pie</b> Baked Beans, West MI Fruit Mix	<b>10</b> <b>Pollock Fillet</b> Cottage Fries, Lima Beans, Cherries
<b>13</b> <b>Swedish Meatballs</b> Noodles, Peas, Glazed Carrots, Apple Rings	<b>14</b> <b>Rustic Italian Chicken</b> Summer Squash, Three Bean Salad, Ambrosia Salad	<b>15</b> <b>Swiss Steak</b> Twice Baked Potatoes, Asian Blend, Peach Halves	<b>16</b> <b>Herb Baked Fish</b> Broccoli Slaw, Glazed Baby Carrots, Rice, Applesauce	<b>17</b> <b>Chicken Tenders</b> Creamy Potatoes, Collard Greens, Corn Bread, Melon Melody
<b>20</b> <b>Polish Sausage</b> Boiled Cabbage, Corn, Berry Burst	<b>21</b> <b>Swiss Steak</b> Scallop Potatoes, Peas & Pearl Onions, Peach Halves	<b>22</b> <b>Chop Suey</b> Rice, Brussel Sprouts, Apricots	<b>23</b> <b>Spaghetti w/ Meat Sauce</b> Broccoli Florets, Beets, Fruit Salad	<b>24</b> <b>Lemon Pepper Chicken</b> Rice, Corn, Pacific Rim Salad, Ambrosia
<b>27</b> <b>Pineapple Glazed Ham</b> Sour Cream & Chive Potatoes, Sugar Snap Peas.	<b>28</b> <b>Cod Wedge</b> Roasted Red Skin Potatoes, Lemon Dill Carrots, Mango Chunks	<b>29</b> <b>Chicken &amp; Dumplings</b> Northwest Blend, Peas, Mixed Fruit	<b>30</b> <b>Baked Ravioli</b> California Blend, Green Beans, Cottage Cheese, Fresh Apple	<b>31</b> <b>Meatloaf</b> Baked Beans, Creamy Potatoes, Toss Salad, Pineapple

**Meals served  
Sunday—Thursday  
Closed Fridays  
& Saturdays.**

Weekdays  
(both centers):  
Soup at 4 pm  
Meal at 4:30 pm

Sundays in Onaway:  
Soup at Noon  
Meal at 1 pm

Sundays in Posen:  
Soup, salad and dessert  
at 3pm  
Meal at 4 pm  
(Soup, salad and dessert  
sold for an additional \$1.00  
with meal only.)

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

Menu subject to change due to  
food availability.