



POSEN FEBRUARY 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
3 Chicken 1/4's Mashed Potatoes w/ Sour Cream & Chives Broccoli Peaches	4 Chop Suey Brown Rice Spinach Fruit Parfait Wheat Bread	5 Country Fried Steak Mashed Potatoes w/ Gravy Green Beans Mandarin Oranges	6 Goulash California Blend Pears	7 Ginger Chicken Wild Rice Green Beans Mandarin Oranges Wheat Bread
10 Roast Pork Mashed Potato Corn Applesauce Wheat Bread	11 Cabbage Rolls Redskin Potatoes Brussel Sprouts Peaches	12 Pork Patty Baked Potatoes w/ Sour Cream and Chives Cauliflower Fruit Cocktail	13 Meatloaf Egg Noodles Green Beans Mandarin Oranges	14 Chicken Pot Pie Corn Broccoli Fruit Cocktail
17 Lasagna Peas & Pearl Onions Cauliflower Pineapple	18 Apple Pork Chop Brown Rice Cauliflower & Peas Tropical Fruit Wheat Bread	19 Baked Ham Scalloped Potatoes Green Beans Applesauce Wheat Bread	20 Baked Chicken Breast Mashed Potato Broccoli Pears Wheat Bread	21 Beef Stroganoff Egg Noodles Capri Veggies Peaches Wheat Bread
24 Beef Roast Mashed Potatoes w/ Gravy Peas Pears Dinner Roll	25 Baked Cod Tater Tots Carrots Peas Fruit Cocktail Wheat Bread	26 BBQ Chicken Breast White Rice Carrots Peaches	27 Spaghetti w/ Meat Sauce Broccoli Mandarin Oranges Breadstick	28 Turkey Casserole Beets Green Beans Pineapple Wheat Bread

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 FEBRUARY 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
3 Beef Roast Mashed Potatoes w/ Gravy Peas Pears Dinner Roll	4 Garlic Ginger Chicken Breast White Rice Prince Charles Blend Peaches Wheat Bread	5 Baked Cod Tater Tots Carrots Fruit Cocktail White Bread	6 Spaghetti w/ Meat Sauce Broccoli Mandarin Oranges Breadsticks	7 BBQ Pulled Pork Sandwich Baked Potato w/ Sour Cream Cauliflower Pineapple
10 Baked Ham Sweet Potato California Blend Cinnamon Applesauce Dinner Roll	11 Chicken Noodle Casserole Brussel Sprouts Tropical Fruit	12 Salisbury Steak Mashed Potatoes w/ Gravy Broccoli Cauliflower Pineapple	13 Lemon Pepper Chicken Breast Baked Potato Corn Plums	14 Hamburger Oven Roasted Potatoes Green Beans Apricots Wheat Bun
17 BBQ Chicken 1/4's Baked Potato w/ Sour Cream Green Beans Peaches	18 Country Fried Steak Mashed Potatoes w/ Gravy Brussel Sprouts Mandarin Oranges	19 Roast Turkey Egg Noodles Broccoli Pineapple Wheat Bread	20 Goulash California Blend Pears	21 Chop Suey White Rice Scandinavian Blend Fruit Parfait Wheat Bread
24 Roast Pork Mashed Potato Corn Applesauce Dinner Roll	25 Open Face Roast Beef Sandwich Wax Beans Tropical Fruit	26 Cabbage Rolls Redskin Potatoes Peaches	27 Chicken Pot Pie Broccoli Plums	28 Meatloaf Mashed Potato Green Beans Tropical Fruit

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

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