



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
2 Pork Roast Mashed Potatoes Corn Applesauce Dinner Roll	3 Cabbage Casserole Brussel Sprouts Redskin Potatoes Peaches	4 Italian Baked Chicken Breast Brown Rice Cole Slaw Fruit Cocktail	5 Meatloaf Egg Noodles Green Beans Mandarin Oranges	6 Pork Chop Roasted Potatoes Zucchini Cinnamon Applesauce
9 Lasagna Peas & Pearl Onions Cauliflower Pineapple	10 Open Face Roast Beef Sandwich Cauliflower & Peas Tropical Fruit	11 Breaded Fish Parmesan Noodles Beets Grapes Wheat Bread	12 Baked Chicken Mashed Potatoes Broccoli Pears Wheat Bread	13 Beef Stroganoff Egg Noodles Capri Veggies Peaches
16 Beef Roast Mashed Potatoes w/ Gravy Yellow Squash Pears Dinner roll	17 Salmon Fillet Brown Rice Broccoli Fruit Cocktail Wheat Bread	18 BBQ Chicken Breast Tater Tots Carrots Peaches	19 Baked Spaghetti Caribbean Veggies Mandarin Oranges Breadstick	20 Honey Glazed Pork Chop Wild Rice Green Beans Pineapple
23 Rosemary Turkey Mashed Potatoes Carrots Blueberries	24 Baked Ham Sweet Potatoes Cauliflower Peach Delight	25 Swedish Meatballs Egg Noodles Brussel Sprouts Strawberries Wheat Bread	26 Baked Cod Boiled Redskin Corn Fruit Parfait Wheat Bread	27 Hamburger Steak Fries Green Beans Apricots Wheat Bun
				

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
2 Pork Roast Mashed Potatoes Corn Applesauce Dinner Roll	3 Open Face Roast Beef Sandwich Wax Beans Tropical Fruit	4 Cabbage Casserole Redskin Potatoes Berry Blend	5 Chicken Pot Pie Broccoli Peaches	6 Meatloaf Mashed Potatoes w/ Gravy Green Beans Tropical Fruit
9 Lasagna Spinach Pineapple Breadstick	10 Pork Chops Roasted Potatoes Green Beans Applesauce Wheat Bread	11 Italian Baked Chicken Breast Mashed Potatoes Carrots Strawberries Wheat Bread	12 Ham & Scalloped Potatoes Peas & Pearl Onions Fruit Cocktail Wheat Bread	13 Beef Stroganoff Egg Noodles Wax Beans Peaches
16 Beef Roast Mashed Potatoes w/ Gravy Peas Pears Dinner Roll	17 Garlic Ginger Chicken Breast White Rice Prince Charles Berry Blend	18 Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread	19 Spaghetti w/ Meat Sauce Broccoli Mandarin Oranges Breadstick	20 BBQ Pulled Pork Sandwich Cauliflower Berry Blend
23 Baked Ham Candied Sweet Potatoes Cinnamon Applesauce Dinner Roll	24 Chicken Bowtie Pasta Brussel Sprouts Tropical Fruit	25 Salisbury Steak Mashed Potatoes w/ Gravy Corn Pineapple	26 Baked Cod Boiled Potatoes Corn Fruit Salad Wheat Bread	27 Hamburger Roasted Potatoes Wax Beans Mandarin Oranges Wheat Bun
				

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.