



POSEN FEBRUARY 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 Baked Spaghetti Cauliflower Breadstick	2 Honey Glazed Pork Chop Mashed Sweet Potatoes Green Beans Applesauce	3 Italian Baked Chicken Hashbrown Cubes Broccoli & Cauliflower Diced Pears	4 Chicken and Biscuits Peas Applesauce
7 Rosemary Turkey Red Bliss Potatoes Brussel Sprouts Peaches	8 Baked Chicken Breast Wild Rice Cauliflower Mixed Fruit	9 Swedish Meatballs Egg Noodles Winter Blend Veggies Pineapple	10 Oven Fried Garden Chicken Boiled Yellow Potato Caribbean Veggies Mandarin Oranges	11 Hamburger Oven Roasted Potatoes Cali Blend Veggies Fresh Melon Wheat Bun
14 BBQ Chicken 1/4's Brown Rice Brown Sugar Glazed Carrots Apricots	15 Beef Shephard's Pie Mashed Potatoes w/ Gravy Corn Applesauce	16 Meatloaf Parmesan Noodles Prince Charles Veggies Mandarin Oranges	17 Parmesan Cod Parsley Noodles Broccoli Fruit Cocktail	18 Roasted Pork Tenderloin Mashed Potatoes Corn Apple Slices Wheat Bread
21 Bacon and Onion Quiche Stewed Tomatoes Peaches Wheat Bread	22 Cook's Choice Orange Chicken White Rice Baby Corn Cobs Pineapple	23 Tuna Noodle Casserole Wax Beans Fruit Cocktail	24 Country Fried Steak w/ Gravy Mashed Potatoes Peas & Carrots Grapes	25 Breaded Fish Tater Tots Cali Blend Veggies Diced Pears
28 Lasagna Tossed Salad Cauliflower Pineapple				

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 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 Baked Cod Potato Medley Wax Beans Tropical Fruit	2 Swedish Meatballs w/ Egg Noodles Carrots Peaches	3 Chicken Pot Pie Mandarin Oranges Broccoli	4 Meatloaf Mashed Potatoes w/ Gravy Green Beans Tropical Fruit
7 Lasagna Spinach Pineapple Dinner Roll	8 Pork Chops Roasted Potatoes Green beans Applesauce Wheat Bread	9 Baked Chicken Mashed Potatoes w/ Gravy Carrots Pears Wheat Bread	10 Ham & Scalloped Potatoes Peas & Pearl Onions Applesauce Wheat Bread	11 Beef Stroganoff w/ Egg Noodles Wax Beans Peaches Wheat Bread
14 Beef Roast Mashed Potatoes w/ Gravy Peas Pears Dinner Roll	15 Garlic Ginger Chicken Breast White Rice Prince Charles Peaches	16 Spaghetti w/ Meat Sauce Broccoli Mandarin Oranges Dinner Roll	17 Lemon Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread	18 BBQ Pulled Pork Sandwich Cauliflower Berry Blend Wheat Bun
21 Baked Ham Candied Sweet Potatoes California Blend Cinnamon Applesauce	22 Chicken Bowtie Pasta Brussel Sprouts Tropical Fruit Dinner Roll	23 Salisbury Steak Mashed Potatoes w/ Gravy Corn Pineapple	24 Lemon Pepper Chicken Baked Potato Carrots Peaches	25 Hamburger Roasted Potatoes Green Beans Mandarin Oranges Wheat Bun
28 Baked Chicken Breast Baked Potato Carrots Peaches				

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.