

February Menu: Posen Center

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 Serving Times

(See pg. 8 for Onaway Center Menu)

Sunday

Soup available at 3:00 pm
Meal served at 4:00 pm

Monday—Thursday

Soup available at 3:00 pm
Meal served at 4:30 pm

Closed Friday
&
Saturday

Sunday

Monday

Tuesday

Wednesday

Thursday

	1 Oven Baked Chicken Macaroni & Cheese Mixed Vegetable Plums Biscuit	2 Maxine's Cabbage Rolls Boiled Potato Peas & Carrots Apricots Wheat Bread	3 Spaghetti Squash Corn Pears Dinner Roll Deluxe Salad Bar	4 Pork Loin Chops W/ Mushroom Gravy Wild Rice Broccoli & Cheese Applesauce Dinner Roll
7 Baked Ham Sweet Potatoes Brussel Sprouts Pineapple Dinner Roll Deluxe Salad Bar	8 Country Fried Steak With Gravy Mashed Potatoes Green Beans Cinnamon Apples Biscuit	9 Lemon Chicken Parsley Egg Noodles Mixed Vegetable Fresh Grapes Biscuit	10 Meatloaf Mashed Potatoes Corn Blueberries Dinner Roll Deluxe Salad Bar	11 Polish Sausage Sauerkraut Boiled Potato Carrots Hot Peach Delight Wheat Bread
14 Beef Roast Mashed Potato/Gravy Corn Cherry Crisp Dinner Roll Deluxe Salad Bar	15 Chicken Strips Steak Fries Peas & Pearl Onions Cantaloupe Wheat Bread	16 BBQ Pork Roasted Potatoes Baked Beans Strawberries Cornbread	Cooks Choice	18 Beef Stroganoff Over Noodles Broccoli & Cauliflower Watermelon Biscuit
21 Roasted Turkey Mashed Potato Mixed Vegetable Cranberry Sauce Dinner Roll Deluxe Salad Bar	22 Stuffed Green Peppers Carrots Fresh Fruit Biscuit	23 Stir Fry Over Rice Cauliflower Baby Corn Fresh Mango Wheat Bread	24 Goulash Carrots Tropical Fruit Breadstick Deluxe Salad Bar	25 Parmesan Cod Roasted Potatoes Brussel Sprouts Sliced Peaches Dinner Roll
28 Baked Chicken Garlic Mashed Potatoes Zucchini & Squash Fresh Fruit Dinner Roll Deluxe Salad Bar	29 Salisbury Steak Mashed Potato w/ Gravy Green Beans Diced Pears Biscuit			

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.

February 2016

—Posen Center—

Activities

(See pg. 11 for Onaway Center activities)

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Cheboygan Bus Trip	2	3 Birthday Bingo 2pm	4 Heart Health 3:30 pm ← CSFP Senior Commodities 12—12:30 pm →	5	6
7	8	9	10 Bingo 2pm	11 Depression 3:30 pm ← TEFAP Quarterly Commodities 9-12pm →	12	13
14 P.I. Clubhouse Meal 1:00 pm	15 4-meal card drawing	16	17 Bingo 2pm	18	19 Alpena Bus Trip	20
21 Dan & Dave String Duo 2 pm	22	23	24 Bingo 2pm	25 Managing Knee Pain 3:30 pm	26	27
28 4-meal card drawing	29		Bingo 2pm			
	<p>Piglet: "How do you spell 'love'?" Pooh: " You don't spell it...you feel it."</p>					

February Menu: Onaway Center

Dinner is a suggested *donation* of \$3.00 for seniors 60 years and older.

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Onaway Serving Times

(See pg. 5 for Posen Center Menu)

Sunday

Soup available at Noon
Meal served at 1:00 pm

Monday—Thursday

Soup available at 3:00 pm
Meal served at 4:30 pm

Closed Friday
&
Saturday

Sunday

Monday

Tuesday

Wednesday

Thursday

	1 Salisbury Steak Over Mushroom Gravy Mashed Potato Brussel Sprouts Biscuit	2 Garden Citrus Chicken Parsley Noodles Brussel Sprouts Apricots Dinner Roll	3 Pork Chops Wild Rice Succotash Blend Applesauce Cornbread	4 Sloppy Joes On a Wheat Bun Roasted Potatoes Mixed Vegetable Plums
	7 Beef Roast Mashed Potato Asparagus Strawberries Dinner Roll Deluxe Salad Bar	8 Polish Sausage Sauerkraut Boiled Potato Mixed Vegetable Peaches Wheat Bread	9 Ginger BBQ Chicken Sweet Potato Fries California Blend Pears Cornbread	10 <i>Cook's Choice</i>
14 Baked Ham Sweet Potato Half Mixed Vegetable Watermelon Dinner Roll Deluxe Salad Bar	15 Country Fried Steak Mashed Potatoes Green Beans Mixed Fruit Biscuit	16 Pork Chops Wild Rice Carrots Applesauce Wheat Bread	17 Lemon Pepper Chicken Parsley Noodles Succotash Blend Fresh Fruit Wheat Bread	18 Beef Stroganoff Over Noodles Mixed Vegetable Diced Pears Biscuit
21 Oven Baked Chicken Parsley Potatoes Green Beans Tropical Fruit Dinner Roll Deluxe Salad Bar	22 Sweet/Sour Meatballs Over White Rice Broccoli Mandarin Oranges Wheat Bread	23 Battered Cod Fillets Roasted Potatoes Broccoli & Cauliflower Sliced Peaches Wheat Bread	24 Beef Stew Mashed Potatoes Mixed Vegetable Strawberries Biscuit	25 Cabbage Rolls Boiled Potato Carrots Pineapple Wheat Bread
28 Roasted Turkey Mashed Potato w/ Gravy Corn Hot Peach Delight Dinner Roll Deluxe Salad Bar	29 Goulash Peas & Pearl Onions Apricots Breadstick			

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

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February 2016

—Onaway Center—

Activities

(See pg. 8 for Posen Center activities)

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Cheboygan Trip Exercise Onaway 10 am	2 Birthday Bingo 2-4 Exercise Onaway 10 am	3 Spitzer 2-4 Exercise Onaway 10 am	4 Senior Commodities 9am Exercise Onaway 10 am	5	6
7	8 Euchre/ Pinochle 2-4 PICCOA Board Meeting- Onaway Center 10am	9 Bingo 2-4 Exercise Onaway 10 am	10 4 Meal Draw! Spitzer 2-4 Exercise Onaway 10 am	11 Valentine's Day Party 2-4 TEFAP Commodities 9-12	12	13
14 <i>Happy</i> <i>Valentines</i> <i>Day!</i>	15 Euchre/ Pinochle 2-4 Exercise Onaway 10 am	16 Bingo 2-4 Exercise Onaway 10 am	17 Spitzer2-4 Exercise Onaway 10 am	18 Bunco 2-4 Exercise Onaway 10 am	19 Alpena Bus Trip	20
21	22 Euchre/ Pinochle 2-4 Exercise Onaway 10 am	23 Bingo 2-4 Exercise Onaway 10 am	24 TenderCare BP Clinic 3:30 Onaway Exercise Onaway 10 am	25 Casino Trip 9am  Exercise Onaway 10 am	26	27
28 <i>4 Meal</i> <i>Draw!</i>	29 Euchre/ Pinochle 2-4 Exercise Onaway 10 am	Please come and enjoy our Valentines Day Party at the Onaway Center. There will be music by Charlie and Dale, Snacks will also be provided. February 11th 2016 2-4 pm				