



# POSEN JANUARY 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
		1  <b>CLOSED</b> <b>New Year's Day</b>	2 Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread	3 Ginger Chicken Wild Rice Green Beans Mandarin Oranges Wheat Bread
6 Roast Pork Mashed Potatoes Corn Applesauce Dinner Roll	7 Cabbage Rolls Brussel Sprouts Boiled Potatoes Peaches	8 Breaded Pork Chops Baked Potato w/ Sour Cream & Chives Cauliflower Fruit Cocktail	9 Meatloaf Egg Noodles Green Beans Mandarin Oranges	10 Chicken Pot Pie Broccoli Fruit Cocktail
13 Lasagna Peas & Pearl Onions Cauliflower Pineapple	14 Pork Chop Brown Rice w/ Gravy Cauliflower & Peas Tropical Fruit Wheat Bread	15 Baked Ham Scalloped Potatoes Green Beans Applesauce Wheat Bread	16 Baked Chicken Breast Mashed Potato Broccoli Pears Wheat Bread	17 Beef Stroganoff Egg Noodles Capri Vegetables Peaches Wheat Bread
20 Beef Roast Mashed Potato w/ Gravy Peas Pears Dinner Roll	21 Goulash California Blend Pears Breadstick	22 BBQ Chicken Breast White Rice Carrots Peaches	23 Spaghetti w/ Meat Sauce Broccoli Mandarin Oranges Breadstick	24 Turkey Casserole Green Beans Beets Pineapple Wheat Bread
27 Baked Ham Sweet Potatoes Cauliflower Cinnamon Applesauce	28 Salisbury Steak Mashed Potatoes w/ Gravy Peas Pineapple	29 Tuna Casserole Brussel Sprouts Carrots Strawberries	30 Chicken a la King Baked Potato California Blend Tropical Fruit	31 Hamburger Oven Roasted Potatoes 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 JANUARY 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
<p><b>Accepting Reservations:</b>            Sunday Meal: Anytime Mon-Thurs before 5 pm            Monday-Thursday Meal: No later than 11 am            Please call 989-733-2559 to reserve your dinner!</p>		<p>1  <b>CLOSED</b>  <b>New Year's Day</b></p>	<p>2 Garlic Ginger Chicken            White Rice            Prince Charles Blend            Peaches            Wheat Bread</p>	<p>3 Baked Cod            Tater Tots            Carrots            Fruit Cocktail            Wheat Bread</p>
<p>6 Baked Ham            Sweet Potatoes            California Blend            Cinnamon Applesauce            Dinner Roll</p>	<p>7 Chicken Noodle Casserole            Brussels Sprouts            Tropical Fruit Salad</p>	<p>8 Salisbury Steak            Mashed Potatoes                w/ Gravy            Broccoli &amp; Cauliflower            Pineapple</p>	<p>9 Baked Chicken Breast            Baked Potato            Corn            Plums</p>	<p>10 Hamburger            Oven Roasted Potatoes            Green Beans            Apricots            Wheat Bun</p>
<p>13 Baked Chicken 1/4's            Baked Potato w/                Sour Cream            Green Beans            Peaches</p>	<p>14 Country Fried Steak            Mashed Potatoes                w/ Gravy            Brussel Sprouts            Mandarin Oranges</p>	<p>15 Roast Turkey            Egg Noodles            Broccoli            Pineapple            Wheat Bread</p>	<p>16 Goulash            California Blend            Diced Pears</p>	<p>17 Chop Suey            White Rice            Scandinavian Blend            Fruit Parfait            Wheat Bread</p>
<p>20 Roast Pork            Mashed Potato                Corn            Applesauce            Dinner Roll</p>	<p>21 Open Face            Roast Beef            Sandwich            Wax Beans            Tropical Fruit</p>	<p>22 Cabbage Rolls            Boiled Potatoes            Peaches</p>	<p>23 Chicken            Pot Pie            Broccoli            Plums</p>	<p>24 Meatloaf            Mashed Potato            Green Beans            Tropical Fruit Salad</p>
<p>27 Lasagna            Mixed Vegetables            Spinach            Pineapple            Breadstick</p>	<p>28 Pork Chop            Oven Roasted Potatoes            Green Beans            Pineapple            Wheat Bread</p>	<p>29 Baked Ham            Scalloped Potatoes            Peas &amp; Pearl Onions            Wheat Bread</p>	<p>30 Italian Baked            Chicken            Mashed Potatoes            Sliced Carrots            Diced Pears            Wheat Bread</p>	<p>31 Beef Stroganoff            Egg Noodles            Capri Vegetables            Diced Peaches            Wheat Bread</p>

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