



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
			 CLOSED New Year's Day	2 Pork Chop Roasted Potatoes Zucchini Cinnamon Applesauce
5 Lasagna Peas & Pearl Onions Cauliflower Pineapple	6 Open Face Roast Beef Sandwich Cauliflower & Peas Tropical Fruit	7 Breaded Fish Parmesan Noodles Beets Grapes Wheat Bread	8 Baked Chicken Mashed Potatoes Broccoli Pears Wheat Bread	9 Beef Stroganoff Egg Noodles Capri Veggies Peaches
12 Beef Roast Mashed Potatoes w/ Gravy Yellow Squash Pears Dinner roll	13 Salmon Fillet Brown Rice Broccoli Fruit Cocktail Wheat Bread	14 BBQ Chicken Breast Tater Tots Carrots Peaches	15 Baked Spaghetti Caribbean Veggies Mandarin Oranges Breadstick	16 Honey Glazed Pork Chop Wild Rice Green Beans Pineapple
19 Rosemary Turkey Mashed Potatoes Carrots Blueberries	20 Baked Ham Sweet Potatoes Cauliflower Peach Delight	21 Swedish Meatballs Egg Noodles Brussel Sprouts Strawberries Wheat Bread	22 Pork Tenderloin Brown Rice Spinach Fruit Parfait Wheat Bread	23 Hamburger Steak Fries Green Beans Apricots Wheat Bun
26 BBQ Chicken 1/4's Brown Rice Broccoli Peaches	27 Chicken and Dumplings Peas California Blend Tropical Fruit	28 Country Fried Steak w/ Gravy Mashed Potatoes Beets Mandarin Oranges	29 Goulash California Blend Pears	30 Ginger Chicken Wild Rice Green Beans Apple Slices 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 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
			 CLOSED New Year's Day	2 Meatloaf Mashed Potatoes Green Beans Tropical Fruit
5 Lasagna Spinach Pineapple Breadstick	6 Pork Chops Roasted Potatoes Green Beans Applesauce Wheat Bread	7 Italian Baked Chicken Breast Mashed Potatoes Carrots Strawberries Wheat Bread	8 Ham & Scalloped Potatoes Peas & Pearl Onions Fruit Cocktail Wheat Bread	9 Beef Stroganoff Egg Noodles Wax Beans Peaches
12 Beef Roast Mashed Potatoes w/ Gravy Peas Pears Dinner Roll	13 Garlic Ginger Chicken Breast White Rice Prince Charles Berry Blend	14 Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread	15 Spaghetti w/ Meat Sauce Broccoli Mandarin Oranges Breadstick	16 BBQ Pulled Pork Sandwich Cauliflower Berry Blend
19 Baked Ham Candied Sweet Potatoes Cinnamon Applesauce Dinner Roll	20 Chicken Bowtie Pasta Brussel Sprouts Tropical Fruit	21 Salisbury Steak Mashed Potatoes w/ Gravy Corn Pineapple	22 Lemon Pepper Chicken Breast Baked Potato Mixed Veggies Peaches	23 Hamburger Roasted Potatoes Wax Beans Mandarin Oranges Wheat Bun
26 BBQ Chicken 1/4's Baked Potato Green Beans Peaches	27 Country Fried Steak w/ Gravy Mashed Potatoes Brussel Sprouts Mandarin Oranges	28 Roast Turkey Egg Noodles Broccoli Pineapple	29 Goulash California Blend Pears	30 Swedish Meatballs w/ Egg Noodles Succotash Blend Fruit Parfait Wheat Bread

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