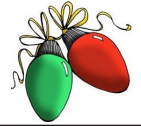


POSEN JANUARY MENU



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
3 Lasagna Tossed Salad Cauliflower Pineapple	4 Baked Ham Sweet Potatoes Beets Tropical Fruit	5 Chicken Alfredo Broccoli Mixed Fruit	6 Chicken Tenders Mashed Potatoes Baby Carrots Apricots	7 Ground Beef Stroganoff Egg Noodles Capri Veggies Diced Peaches Wheat Bread
10 Beef Roast Mashed Potatoes w/ Gravy Roasted Squash Pears Dinner Roll	11 Parmesan Cod Parsley Noodles Broccoli Fruit Cocktail	12 Honey Glazed Pork Chop Mashed Sweet Potatoes Green Beans	13 Baked Spaghetti Cauliflower Red Grapes Breadstick	14 Chicken and Biscuits Peas Applesauce
17 Rosemary Turkey Red Bliss Potatoes Brussel Sprouts Peaches	18 Cook's Choice	19 Swedish Meatballs Egg Noodles Winter Blend Veggies Pineapple	20 Oven Fried Garden Chicken Oven Roasted Potatoes Caribbean Veggies Mandarin Oranges	21 Hamburger Waffle Fries Cali Blend Veg-gies Fresh Melon Wheat Bun
24 BBQ Chicken 1/4's Brown Rice Brown Sugar Glazed Carrots Apricots	25 Beef Shephard's Pie Mashed Potatoes w/ Gravy Corn Applesauce	26 Meatloaf Parmesan Noodles Prince Charles Veggies Mandarin Oranges	27 Italian Baked Chicken Hashbrown Cubes Broccoli & Cauliflower Diced Pears	28 Roasted Pork Tenderloin Mashed Potatoes Corn Apple Slices
31 Bacon and Onion Quiche Stewed Tomatoes Peaches 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 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
3 Lasagna Spinach Pineapple Dinner Roll	4 Pork Chops Roasted Potatoes Green beans Applesauce Wheat Bread	5 Ham & Scalloped Potatoes Peas & Pearl Onions Applesauce Wheat Bread	6 Italian Baked Chicken Mashed Potatoes w/ Gravy Carrots Pears Wheat Bread	7 Beef Stroganoff w/ Egg Noodles Wax Beans Peaches Wheat Bread
10 Beef Roast Mashed Potatoes w/ Gravy Peas Pears Dinner Roll	11 Garlic Ginger Chicken Breast White Rice Prince Charles Peaches	12 Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread	13 Spaghetti w/ Meat Sauce Broccoli Mandarin Oranges Dinner Roll	14 BBQ Pulled Pork Sandwich Cauliflower Berry Blend Wheat Bun
17 Meatloaf Mashed Potatoes w/ Gravy Green Beans Tropical Fruit	18 Chicken Bowtie Pasta Brussel Sprouts Tropical Fruit Dinner Roll	19 Salisbury Steak Mashed Potatoes w/ Gravy Corn Pineapple	20 Lemon Pepper Chicken Baked Potato Carrots Peaches	21 Hamburger Roasted Potatoes Green Beans Mandarin Oranges Wheat Bun
24 Baked Chicken Breast Baked Potato Carrots Peaches	25 Country Fried Steak w/ Gravy Mashed Potatoes Brussel Sprouts Mandarin Oranges	26 Turkey Egg Noodles Broccoli Pineapple Wheat Bread	27 Goulash California Blend Pears	28 Baked Chicken Breast White Rice Mixed Veggies Peaches
31 Pork Roast Mashed Potatoes w/ Gravy Corn Applesauce Dinner Roll				

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.