

January Menu: Onaway 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.



Onaway Serving Times

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

<p>3</p> <p>Oven Baked Chicken Sweet Potato Half Green Beans Tropical Fruit Dinner Roll Deluxe Salad Bar</p>	<p>4</p> <p>Fish Wedges Roasted Potatoes Succotash Blend Peaches Wheat Bread</p>	<p>5</p> <p>Pork Chops Wild Rice Carrots Applesauce Cornbread</p>	<p>6</p> <p>Salisbury Steak Mashed Potato with Mushroom Gravy Broccoli & Cauliflower Apricots Wheat Bread</p>	<p>7</p> <p>Goulash Corn Peas Pineapple Cheesy Breadstick</p>
<p>10</p> <p>Beef Roast Mashed Potato Mixed Vegetable Fresh Fruit Dinner Roll Deluxe Salad Bar</p>	<p>11</p> <p>Ginger BBQ Chicken Sweet Potato Fries California Blend Pears Cornbread</p>	<p>12</p> <p>Meatloaf Mashed Potato Green Beans Mixed Fruit Wheat Bread</p>	<p>13</p> <p>Pork Tenderloin Parsley Noodle Corn Mandarin Oranges Dinner Roll</p>	<p>14</p> <p>Polish Sausage Sauerkraut Boiled Potato Mixed Vegetable Plums Wheat Bread</p>
<p>17</p> <p>Baked Ham Au Gratin Potatoes Mixed Vegetable Watermelon Dinner Roll Deluxe Salad Bar</p>	<p>18</p> <p>Garden Citrus Chicken Parmesan Noodles Winter Blend Strawberries Wheat Bread</p>	<p>19</p> <p>BBQ Pork Roasted Potatoes Baked Beans Mixed Fruit Wheat Bread</p>	<p>20</p> <p>Lasagna Green Beans Carrots Apricots Dinner Roll</p>	<p>21</p> <p>Beef Stroganoff Over Egg Noodles Capri Veggie Blend Cinnamon Apples Biscuit</p>
<p>24</p> <p>Roasted Turkey Mashed Potato Asparagus Tropical Fruit Dinner Roll Deluxe Salad Bar</p>	<p>25</p> <p>Cabbage Rolls Boiled Potato Carrots Pineapple Wheat Bread</p>	<p>26</p> <p>Sweet/Sour Meatballs Over White Rice Squash & Zucchini Orange Wedges Wheat Bread</p>	<p>27</p> <p>Chicken Parmesan Over Noodles Brussel Sprouts Fresh Fruit Dinner Roll</p>	<p>28</p> <p>Country Fried Steak Mashed Potato Green Beans Sliced Peaches Biscuit</p>
<p>31</p> <p>Cooks Choice</p>				

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.

January 2016

—Onaway Center—

Activities

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Happy New Year!	2
3	4 Euchre/ Pinochle 2-4 Exercise Onaway 10 am	5 Birthday Bingo 2-4pm Exercise Onaway 10 am	6 Exercise Onaway 10 am	7 Senior Commodities 9-10am Bunco 2-4 Exercise Onaway 10 am	8	9
10	11 Euchre/ Pinochle 2-4 Exercise Onaway 10 am	12 Bingo 2-4 Exercise Onaway 10 am	13 4 Meal Draw Exercise Onaway 10 am	14 Bunco 2-4 Exercise Onaway 10 am	15 <i>Alpena Bus Trip</i>	16
17	18 Euchre/ Pinochle 2-4 Exercise Onaway 10 am	19 Bingo 2-4 Exercise Onaway 10 am	20 Exercise Onaway 10 am	21 Bunco 2-4 Exercise Onaway 10 am	22	23
24 4 Meal Draw	25 Euchre/ Pinochle 2-4 Exercise Onaway 10 am	26 Bingo 2-4 Exercise Onaway 10 am	27 Exercise Onaway 10 am	28 Bunco 2-4 Exercise Onaway 10 am	29	30
31						