

January 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.



Serving Times

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

3 Baked Chicken Mashed Potatoes Corn Fresh Fruit Dinner Roll Deluxe Salad Bar	4 Parmesan Cod Roasted Potatoes Green Beans Peaches Wheat Bread	5 Country Fried Steak Mashed Potato Mixed Vegetables Plums Biscuit	6 Goulash Carrots Corn Tropical Fruit Dinner Roll Deluxe Salad Bar	7 Citrus Chicken Wild Rice Broccoli Apricots Wheat Bread
10 Pork Tenderloin Sweet Mashed Potatoes Peas & Carrots Applesauce Dinner Roll Deluxe Salad Bar	11 Stuffed Green Peppers Cauliflower Carrots Blueberries Biscuit	12 Chicken Strips Steak Fries Corn Cantaloupe Wheat Bread	13 <p style="text-align: center;">Cook's Choice</p>	14 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Broccoli & Cauliflower Diced Pears Biscuit
17 Beef Roast Mashed Potatoes Squash & Zucchini Fresh Fruit Dinner Roll Deluxe Salad Bar	18 Pork Stir Fry Over Rice Baby Corn Mango Biscuit	19 Chicken Alfredo Over Noodles Carrots & Broccoli Strawberries Wheat Bread	20 Meatloaf Garlic Mashed Potatoes Green Beans Mixed Fruit Dinner Roll Deluxe Salad Bar	21 Polish Sausage Sauerkraut Boiled Potato Carrots Pineapple
24 Baked Ham Mashed Potatoes Green Peas Mixed Fruit Dinner Roll Deluxe Salad Bar	25 Lemon Chicken Parsley Noodles Broccoli Pineapple Cornbread	26 Beef Stew White Rice Corn Cinnamon Apples Biscuit	27 Spaghetti and Meatballs Green Beans Grapes Bread Stick Deluxe Salad Bar	28 BBQ Pork Roasted Potatoes Baked Beans Watermelon Cornbread
31 Roasted Turkey Mashed Potatoes Mixed Vegetable Cranberry Sauce Dinner Roll Deluxe Salad Bar				

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

—Posen Center—

Activities

SUN	MON	TUE	WED	THU	FRI	SAT
					1 	2
3	4 4-meal card drawing	5	6 Birthday Bingo 2pm	7 CSFP Senior Commodities 12—12:30 pm	8	9
10	11 PICCOA Board Meeting 10 am	12	13 Bingo 2pm	14 Body Mechanics for Caregivers 3:30 pm	15 Alpena Bus Trip	16
17 P.I. Clubhouse Meal 1:00 pm	18	19	20 Bingo 2pm	21 Positive Thinking 3:30 pm	22	23
24 4-meal card drawing	25	26	27 Bingo 2pm	28 Signs & Symptoms of High Blood Pressure 3:30 pm	29	30
31						