



# POSEN JULY 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 Roast Beef Mashed Potatoes Mixed Vegetables Peaches Dinner Roll	2 Baked Cod Tater Tots Brussel Sprouts Apricots Wheat Bread	3 Hamburger on Bun Baked Beans Cole Slaw Watermelon	4 	5 
8 BBQ Chicken 1/4's Baked Beans Roasted Corn Tropical Fruit Dinner Roll	9 Broccoli & Cheese Frittata O'Brien Potatoes Stewed Tomatoes Fruit Cocktail Biscuit	10 Spaghetti w/ Meat Sauce Italian Green Beans Cauliflower Pears Breadstick	11 Pork Chops Wild Rice Carrots Applesauce Wheat Bread	12 Tuna Salad Wrap Potato Salad Tomato Salad Fruit Cocktail
15 Pork Roast Stuffing w/ Gravy Scandinavian Blend Strawberries Dinner Roll	16 Chicken Ranch Wrap Macaroni Salad Cucumbers Pineapple	17 Lasagna Prince Charles Blend Cauliflower Mixed melon Breadsticks	18 Hotdog on Bun Steak Fries Pickled Beets Peaches	19 Country Fried Steak Mashed Potatoes w/ Gravy Carrots Plums Biscuit
22 Cabbage Rolls Red Skins Broccoli Pears Dinner Roll	23 Pork Patty Au-gratin Potatoes Zucchini Applesauce Wheat Bread	24 Beef Fajitas White rice Peppers & Onions Peaches	25 Ham & Grilled Cheese Sandwich Tomato Soup 3-Bean Salad Pears	26 BBQ Pork On Bun Roasted Potatoes Cole Slaw Pineapple
29 Plath's Polish Sausage Sauerkraut Boiled Potatoes Apricots Wheat bread	30 Sloppy Joe On a Bun Tater Tots Cole Slaw	31 Turkey & Cheese Sub Steak Fries Broccoli Applesauce		

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 JULY 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
1 Baked Ham Sweet Potato Mixed Vegetables Fruit Salad Wheat Bread	2 Hamburger On Bun Oven Browns Carrots Watermelon	3 Baked Cod Tater Tots Diced Beets Diced Peaches Wheat Bread	4  <b>CLOSED</b>	5  <b>CLOSED</b>
8 Beef Roast Mashed Potato w/ Gravy Corn Mandarin Oranges Pineapple Dinner Roll	9 Country Fried Steak Mashed Potato w/ Gravy Green Beans Tropical Fruit Biscuit	10 Goulash Wax beans Peas Diced Pears Breadstick	11 Sweet & Sour Chicken Breast White Rice Carrots Plums Cornbread	12 Pork Patty Oven Browns Mixed Vegetables Applesauce Wheat Bread
15 BBQ Chicken 1/4's Potato Salad Diced Beets Watermelon Dinner Roll	16 Ham & Cheese Frittata O'Brien Potatoes Stewed Tomatoes Diced Peaches Biscuit	17 Swiss Steak Mashed Potatoes Peas & Carrots Apricots Dinner Roll	18 Chicken Patty On Wheat Bun Tater Tots Wax beans Pineapple	19 Meatloaf Mashed Potato w/ Gravy Corn Mandarin Oranges Wheat Bread
22 Pork Roast Mashed Potato w/ Gravy Prince Charles Blend Cinnamon Apples Dinner Roll	23 Sauerkraut & Kielbasa Boiled Redskins Carrots Diced Beets Wheat Bread	24 Chicken Salad Wrap Potato Salad Fresh Cucumbers Diced Peaches	25 Beef Stroganoff Egg Noodles Broccoli Cauliflower Plums Wheat Bread	26 Coney Dog w/ Wheat Bun Hashbrowns Tossed Salad Watermelon
29 Baked Turkey Mashed Potato w/ Gravy Green Beans Mandarin Oranges Wheat Bread	30 Sweet & Sour Meatballs Egg Noodles Scandinavian Blend Fruit Cocktail Dinner Roll	31 Ham & Cheese Sub w/ Honey Mustard Sweet Potato Fries Wax Beans Applesauce		

All meals served with bread, margarine and milk according to guidelines.  
 Menu subject to change due to food availability.

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