



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 Stuffed Green Peppers Redskin Potatoes Carrots Watermelon	2 Chicken and Dumplings Cucumber Slices Peas Strawberries	3 Herbed Pork Loin Oven Roasted Potato Green Beans Applesauce	4  CLOSED
7 Lasagna Sautéed Zucchini Spinach Cantaloupe	8 Dijon Chicken Parsley Noodles Broccoli Plums	9 Hamburger Roasted Potatoes Wax Beans Apricots Wheat Bun	10 Italian Baked Chicken Breast Mashed Potatoes Carrots Pears Wheat Bread	11 Breaded Fish Parmesan Noodles Scandinavian Blend Fresh Melon Wheat Bread
14 Beef Roast Mashed Potatoes w/ Gravy Peas Pears Dinner Roll	15 Garlic Ginger Chicken Breast White Rice Prince Charles Blend Peaches Wheat Bread	16 Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread	17 Goulash California Blend Pears Breadstick	18 BBQ Pulled Pork Steak Fries Cauliflower Cole Slaw Watermelon
21 Ham & Scalloped Potatoes California Blend Cinnamon Applesauce Dinner Roll	22 Cabbage Casserole Redskin Potato Peaches	23 Salisbury Steak Mashed Potatoes w/ Gravy Broccoli & Cauliflower Pineapple	24 Baked Chicken Baked Potato Corn Plums Biscuit	25 Sloppy Joe Potato Medley Wax Beans Pineapple Wheat Bun
28 BBQ Chicken 1/4's Potato Salad Green Beans Fresh Melon	29 Country Fried Steak Mashed Potato w/ Gravy Peas Oranges Biscuit	30 Open Face Roast Beef Sandwich Wax Beans Tropical Fruit	31 Chicken Parmesan Broccoli Mandarin Oranges Breadstick	

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 Open Face Roast Beef Sandwich Wax Beans Fruit Cocktail	2 Cabbage Casserole Boiled Potato Peaches	3 Chicken Pot Pie Broccoli Plums Biscuit	4  CLOSED
7 Lasagna Spinach Pineapple Breadstick	8 Pork Chops Roasted Potatoes Green Beans Applesauce Wheat Bread	9 Hamburger Tater Tots Wax Beans Apricots Wheat Bun	10 Italian Baked Chicken Breast Mashed Potato w/ Gravy Carrots Pears Wheat Bread	11 Chop Suey White Rice Scandinavian Blend Fruit Parfait Wheat Bread
14 Beef Roast Mashed Potatoes w/ Gravy Peas & Pearl Onions Pears Dinner Roll	15 Garlic Ginger Chicken Breast White Rice Prince Charles Blend Peaches Wheat Bread	16 Lemon Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread	17 Goulash Green Beans Pears Breadstick	18 BBQ Pulled Pork Roasted Potatoes Cauliflower Pineapple Wheat Bun
21 Ham and Scalloped Potatoes California Blend Cinnamon Applesauce Dinner Roll	22 Chicken Salad Wrap Tossed Salad Cucumber Slices Strawberries	23 Salisbury Steak Mashed Potatoes w/ Gravy Broccoli & Cauliflower Mandarin Oranges	24 Breaded Chicken Baked Potato Beets Plums	25 Sloppy Joe Potato Medley Wax Beans Pineapple Wheat Bun
28 BBQ Chicken 1/4's Potato Salad Green Beans Fresh Melon	29 Country Fried Steak Mashed Potatoes w/ Gravy Brussel Sprouts Pineapple	30 Ham & Cheese Sub Macaroni Salad Tossed Salad Watermelon	31 Chicken Parmesan Broccoli Mandarin Oranges Breadstick	

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