



# POSEN JULY 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-1:30pm**  
**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
			1 Garlic Ginger Chicken White Rice Prince Charles Blend Peaches Wheat Bread	2 Hamburger Roasted Potatoes Wax Beans Watermelon Wheat Bun
5  <b>CLOSED</b>	6 Dijon Chicken Parsley Noodles Broccoli Plum Halves	7 Baked Italian Chicken Mashed Potatoes Carrots Diced Pears Wheat Bread	8 BBQ Pulled Pork Sandwich Steak Fries Cauliflower Creamy Coleslaw Watermelon	9 Breaded Fish Parmesan Noodles Scandinavian Veggies Fresh Melon
12 Beef Roast Mashed Potatoes w/ Gravy Peas Diced Pears	13 Meatloaf Mashed Potatoes Corn Fresh Melon	14 Lemon Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread	15 Goulash California Blend Veggies Diced Pears	16 Pork Loin Oven Roasted Potatoes Green Beans Applesauce
19 Baked Ham Sweet Potatoes California Blend Veggies Cinnamon Applesauce Dinner Roll	20 Baked Chicken Breast Hashbrown Cubes Corn Plums Biscuit	21 Salisbury Steak Mashed Potatoes Broccoli and Cauliflower Pineapple Chunks	22 Cabbage Rolls Red Bliss Potatoes Cauliflower Peaches	23 Sloppy Joe Potato Medley Wax Beans Pineapple Wheat Bun
26 Pulled BBQ Chicken Potato Salad Green Beans Fresh Melon	27 Country Fried Steak w/ Gravy Mashed Potatoes Peas Mandarin Oranges	28 Rosemary Turkey Mashed Potatoes Wax Beans Tropical Fruit	29 Chicken Parmesan Broccoli Mandarin Oranges Breadstick	30 Beef Tips Egg Noodles Capri Veggies Diced Peaches Corn 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 JULY 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-1:30pm**  
**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
			1 Chicken Pot Pie Broccoli Peaches Biscuit	2 Hotdog Hashbrowns Baked Beans Mixed Berries Wheat Bun
5  <b>CLOSED</b>	6 Pork Chops Roasted Potatoes Green Beans Applesauce Wheat Bread	7 Hamburger Tater Tots Wax Beans Fresh Grapes Wheat Bun	8 Italian Baked Chicken Breast Mashed Potatoes w/ Gravy Carrots Wheat Bread	9 Meatloaf Mashed Potatoes w/ Gravy Corn Pineapple Wheat Bread
12 Beef Roast Mashed Potatoes w/ Gravy Peas & Pearl Onions Pears Dinner Roll	13 Garlic Ginger Chicken Breast White Rice Prince Charles Fresh Oranges	14 Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread	15 Goulash Green beans Pears Breadstick	16 BBQ Pulled Pork Sandwich Tater Tots Cauliflower Peaches
19 Scalloped Potatoes w/ Ham California Blend Cinnamon Applesauce Dinner Roll	20 Chicken Salad Wrap Potato Salad Cucumber Strawberries	21 Salisbury Steak Mashed Potatoes w/ Gravy Broccoli & Cauliflower Pineapple	22 Baked Chicken Baked Potato Beets Tropical Fruit	23 Sloppy Joe Potato Medley Wax Beans Peaches Wheat Bun
26 BBQ Chicken 1/4's Potato Salad Green Beans Fresh Fruit Dinner Roll	27 Country Fried Steak w/ Gravy Mashed Potatoes Brussel Sprouts Mandarin Oranges	28 Ham & Cheese On Bun Macaroni Salad Tossed Salad Watermelon	29 Chicken Parnesan Broccoli Pears Breadstick	30 Beef Tips Egg Noodles Peas & Carrots Peaches Cornbread

All meals served with bread, margarine and milk according to guidelines.

Menu subject to change due to food availability.

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