



POSEN JUNE 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 Dijon Chicken Parsley Noodles Broccoli Plum Halves	2 Baked Italian Chicken Mashed Potatoes Carrots Diced Pears Wheat Bread	3 BBQ Pulled Pork Sandwich Steak Fries Cauliflower Creamy Coleslaw Watermelon	4 Breaded Fish Parmesan Noodles Scandinavian Veggies Fresh Melon
7 Beef Roast Mashed Potatoes w/ Gravy Peas Diced Pears Dinner Roll	8 Meatloaf Mashed Potatoes Corn Fresh Melon	9 Lemon Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread	10 Goulash California Blend Veggies Diced Pears	11 Herbed Pork Loin Oven Roasted Potatoes Green Beans Applesauce
14 Baked Ham Sweet Potatoes California Blend Veggies Cinnamon Applesauce Dinner Roll	15 Baked Chicken Breast Hashbrown Cubes Corn Plums Biscuit	16 Salisbury Steak Mashed Potatoes Broccoli and Cauliflower Pineapple Chunks	17 Cabbage Rolls Red Bliss Potatoes Cauliflower Peaches	18 Sloppy Joe Potato Medley Wax Beans Pineapple Wheat Bun
21 Pulled BBQ Chicken Potato Salad Green Beans Fresh Melon	22 Country Fried Steak w/ Gravy Mashed Potatoes Peas Mandarin Oranges	23 Rosemary Turkey Mashed Potatoes Wax Beans Tropical Fruit	24 Chicken Parmesan Broccoli Mandarin Oranges Breadstick	25 Beef Tips Egg Noodles Capri Veggies Diced Peaches Corn Bread
28 Roast Pork Mashed Potatoes Corn Applesauce Dinner Roll	29 Bacon & Onion Quiche Stewed Tomatoes Spinach Watermelon	30 Ham & Cheese On Bun Macaroni Salad Pickled Beets Strawberries		

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 JUNE MENU



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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 Pork Chops Roasted Potatoes Green Beans Applesauce Wheat Bread	2 Hamburger Tater Tots Wax Beans Tropical Fruit Wheat Bun	3 Italian Baked Chicken Breast Mashed Potatoes w/ Gravy Carrots Wheat Bread	4 Meatloaf Mashed Potatoes w/ Gravy Corn Pineapple Wheat Bread
7 Beef Roast Mashed Potatoes w/ Gravy Peas & Pearl Onions Pears Dinner Roll	8 Garlic Ginger Chicken Breast White Rice Prince Charles Mandarin Oranges	9 Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread	10 Goulash Green beans Pears Breadstick	11 BBQ Pulled Pork Sandwich Tater Tots Cauliflower Peaches
14 Scalloped Potatoes w/ Ham California Blend Cinnamon Applesauce Dinner Roll	15 Chicken Salad Wrap Potato Salad Cucumber Strawberries	16 Salisbury Steak Mashed Potatoes w/ Gravy Broccoli & Cauliflower Pineapple	17 Baked Chicken Baked Potato Beets Tropical Fruit	18 Sloppy Joe Potato Medley Wax Beans Peaches Wheat Bun
21 BBQ Chicken 1/4's Potato Salad Green Beans Fresh Fruit Dinner Roll	22 Country Fried Steak w/ Gravy Mashed Potatoes Brussel Sprouts Mandarin Oranges	23 Ham & Cheese On Bun Macaroni Salad Tossed Salad Watermelon	24 Chicken Parmesan Broccoli Pears Breadstick	25 Beef Tips Egg Noodles Peas & Carrots Peaches Cornbread
28 Pork Roast Mashed Potatoes w/ Gravy Corn Applesauce Dinner Roll	29 Open Face Roast Beef Sandwich Fruit Cocktail Wheat Bread	30 Cabbage Casserole Boiled Potato Peaches		

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