



ONAWAY MARCH 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
3 Lasagna Spinach Pineapple Breadstick	4 Pork Chop Oven Roasted Potatoes Green Beans Applesauce Wheat Bread	5 Scalloped Potatoes & Ham Peas & Pearl Onions Plums Wheat Bread	6 Italian Baked Chicken Mashed Potato Carrots Pears Wheat Bread	7 Beef Stroganoff Egg Noodles Capri Veggies Peaches Wheat Bread
10 Beef Roast Mashed Potato w/ Gravy Peas Pears Dinner Roll	11 Garlic Ginger Chicken Prince Charles Blend Peaches Wheat Bread	12 Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread	13 Spaghetti w/ Meat Sauce Broccoli Mandarin Oranges Breadstick	14 BBQ Pulled Pork Sandwich Baked Potato Cauliflower Pineapple
17 Corned Beef Cabbage Boiled Potato Emerald Pears Dinner Roll	18 Chicken Bowtie Pasta Brussel Sprouts Tropical Fruit	19 Salisbury Steak w/ Gravy Broccoli Cauliflower Pineapple	20 Lemon Pepper Chicken Breast Baked Potato Corn Plums	21 Hamburger Oven Roasted Potatoes Green Beans Apricots Wheat Bun
24 BBQ Chicken 1/4's Baked Potato Green Beans Peaches	25 Country Fried Steak w/ Gravy Mashed Potatoes Brussel Sprouts Mandarin Oranges	26 Roast Turkey Egg Noodles Broccoli Pineapple Wheat Bread	27 Goulash California Blend Pears	28 Chop Suey White Rice Scandinavian Blend Fruit Parfait Wheat Bread
31 Beef Roast Mashed Potato Corn Applesauce Dinner Roll				

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.



POSEN MARCH MENU



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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
3 Baked Ham Sweet Potato Cauliflower Applesauce	4 Salisbury Steak Mashed Potatoes Green Peas Pineapple	5 Chicken a La King Baked Potato California Blend Tropical Fruit	6 Tuna Casserole Brussel Sprouts Carrots Strawberries	7 Hamburger Oven Roasted Potatoes Green Beans Apricots Wheat Bun
10 Chicken 1/4's Mashed Potato Broccoli Peaches	11 Chop Suey Brown Rice Spinach Fruit Parfait Wheat Bread	12 Goulash Winter Blend Corn Pears	13 Country Fried Steak Mashed Potato Beets Mandarin Oranges	14 Ginger Chicken Wild Rice Green Beans Mandarin Oranges Wheat Bread
17 Corned Beef Cabbage Yukon Gold Potatoes Carrots Emerald Pears Cornbread	18 Cabbage Rolls Redskin Potatoes Peaches	19 Meatloaf Egg Noodles Green Beans Mandarin Oranges	20 Pork Patty Baked Potato Cauliflower Fruit Cocktail	21 Chicken Pot Pie Corn Broccoli Fruit Cocktail
24 Lasagna Peas & Pearl Onions Cauliflower Pineapple	25 Apple Pork Chop Brown Rice Carrots Tropical Fruit Wheat Bread	26 Baked Chicken Mashed Potato Broccoli Pears Wheat Bread	27 Scalloped Potatoes & Ham Green Beans Applesauce Wheat Bread	28 Beef Stroganoff Egg Noodles Capri Veggies Peaches Wheat bread
31 Beef Roast Mashed Potatoes w/ Gravy Peas Pears Dinner Roll				

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