



POSEN 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**. To contact the Posen Center please call 989-766-8191.

—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 Pork Mashed Potatoes Corn Applesauce Dinner Roll	2 Chicken and Dumplings Green Peas California Blend Tropical Fruit	3 Country Fried Steak w/ Gravy Mashed Potatoes Beets Mandarin Oranges	4 Homemade Goulash Corn California Blend Diced Pears	5 Ginger Chicken Wild Rice Green Beans Apple Slices Wheat Bread
8 Chicken 1/4's Brown Rice Broccoli Peaches	9 Cabbage Casserole Roasted Yellow squash Red Bliss Potatoes Peaches	10 Meatloaf Egg Noodles Green Beans Mandarin Oranges	11 Italian Baked Chicken Brown Rice Vinegar Coleslaw Fruit Cocktail	12 Pork Chop Oven Roasted Potatoes Zucchini Squash Cinnamon Applesauce
15 Lasagna Peas & Pearl Onions Cauliflower Pineapple Chunks	16 Breaded Fish Parmesan Noodles Beets Grapes Wheat Bread	17 Corn Beef Redskins Carrots Emerald Pears	18 Hamburger Steak Fries Green Beans Apricots Wheat Bun	19 Beef Stroganoff Egg Noodles Capri Veggies Diced Peaches Wheat Bread
22 Beef Roast Mashed Potatoes Roasted Squash Diced Pears Dinner Roll	23 Baked Cod Black Beans & Rice Broccoli Fruit Cocktail Wheat Bread	24 Honey Glazed Pork Chop Wild Rice Green Beans Pineapple Chunks	25 Baked Spaghetti Caribbean Veggies Mandarin Oranges Breadstick	26 BBQ Chicken Breast Tater Tots Carrots Peaches
29 Rosemary Turkey Mashed Potatoes Carrots Blueberries	30 Baked Ham Sweet Potatoes Cauliflower Mixed Fruit	31 Swedish Meatballs Egg Noodles Brussel Sprouts Strawberries Wheat Bread	 <p>For the health and consideration of other congregated members, please try and refrain from using perfume/cologne and other scented beauty products. Thank you!</p>	

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 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**. To contact the Onaway Center please call 989-733-2559.

— 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 BBQ Chicken 1/4's Baked Potato Green beans Peaches	2 Country Fried Steak w/ Gravy Mashed Potatoes Brussel Sprouts Mandarin Oranges	3 Roasted Turkey Egg Noodles Broccoli Pineapple Wheat Bread	4 Goulash California Blend Pears	5 Swedish Meatballs Egg Noodles Succotash Blend Fruit Parfait Wheat Bread
8 Pork Roast Mashed Potatoes w/ Gravy Corn Applesauce Dinner Roll	9 Open Face Roast Beef Sandwich Wax Beans Tropical Fruit	10 Cabbage Casserole Redskin Potatoes Berry Blend	11 Chicken Pot Pie Broccoli Peaches	12 Meatloaf Mashed Potatoes w/ Gravy Green Beans Tropical Fruit
15 Lasagna Spinach Pineapple Breadstick	16 Pork Chops Roasted Potatoes Green Beans Applesauce Wheat Bread	17 Corned Beef Cabbage Boiled Redskin Emerald Pears Pistachio Pudding Dinner Roll	18 Ham & Scalloped Potatoes Peas & Pearl Onions Fruit Cocktail Wheat Bread	19 Beef Stroganoff Egg Noodles Wax Beans Peaches
23 Beef Roast Mashed Potatoes w/ Gravy Peas Pears Dinner Roll	24 Garlic Ginger Chicken Breast White Rice Prince Charles Berry Blend	25 Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread	26 Spaghetti w/ Meat Sauce Broccoli Mandarin Oranges Breadstick	27 BBQ Pulled Pork Sandwich Cauliflower Berry Blend
29 Baked Ham Candied Sweet Potatoes Cinnamon Applesauce Dinner Roll	30 Chicken Bowtie Pasta Brussel Sprouts Tropical Fruit	31 Salisbury Steak Mashed Potatoes w/ Gravy Corn Pineapple	 <p>For the health and consideration of other congregare members, please try and refrain from using perfume/cologne and other scented beauty products. Thank you!</p>	

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

Menu subject to change due to food availability.

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