

# March Menu: Posen Center

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 Serving Times

(See pg. 8 for Onaway Center Menu)

### Sunday

Soup available at 3:00 pm  
Meal served at 4:00 pm

### Monday—Thursday

Soup available at 3:00 pm  
Meal served at 4:30 pm

Closed Friday  
&  
Saturday

## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

		<p>1 Maxine's Cabbage Rolls Boiled Potato Peas &amp; Carrots Apricots Wheat Bread</p>	<p>2 Beef Ravioli Corn Pears Dinner Roll Deluxe Salad Bar</p>	<p>3 Pork Loin Chops w/ Mushroom Gravy Wild Rice Broccoli &amp; Cheese Applesauce Dinner Roll</p>
<p>6 Beef Roast Mashed Potato/Gravy Corn Dinner Roll Deluxe Salad Bar</p>	<p>7 Chicken and Rice Casserole Mixed Vegetable Fresh Grapes Biscuit</p>	<p>8 Country Fried Steak Mashed Potatoes Green Beans Cinnamon Apples Biscuit</p>	<p>9 Polish Sausage Sauerkraut Boiled Potato Carrots Hot Peach Delight Deluxe Salad Bar</p>	<p>10 Meatloaf Mashed Potatoes Corn Blueberries Dinner Roll</p>
<p>13 Oven Baked Chicken Baked Mac &amp; Cheese Peas &amp; Carrots Dinner Roll Deluxe Salad Bar</p>	<p>14 Chicken Strips Steak Fries Peas &amp; Pearl Onions Cantaloupe Wheat Bread</p>	<p>15 BBQ Pork Roasted Potatoes Baked Beans Strawberries Cornbread</p>	<p>16 <b>Cooks Choice</b></p>	<p>17 <b>Happy St. Patty's Day</b> Corned Beef and Cabbage Boiled Potato Carrots Cinnamon Apples</p>
<p>20 Roasted Turkey Mashed Potato Mixed Vegetable Cranberry Sauce Dinner Roll Deluxe Salad Bar</p>	<p>21 Swedish Meatballs Over Egg Noodles Corn Peaches Biscuit</p>	<p>22 Tuna Patties Cauliflower Broccoli Fresh Mango Wheat Bread</p>	<p>23 Goulash Carrots Tropical Fruit Breadstick Deluxe Salad Bar</p>	<p>24 Baked Ham Sweet Potatoes Brussel Sprouts Pineapple Dinner Roll Deluxe Salad Bar</p>
<p>27 <b>-Closed- Happy Easter!!!</b></p>	<p>28 Salisbury Steak Mashed Potato w/ Gravy Green Beans Diced Pears Biscuit</p>	<p>29 Parmesan Cod Roasted Potatoes Brussel Sprouts Sliced Peaches Dinner Roll</p>	<p>30 Stuffed Green Peppers Carrots Fresh Fruit Biscuit</p>	<p>31 Beef Stroganoff Over Noodles Broccoli &amp; Cauliflower Watermelon Biscuit</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.

# March 2016

## —Posen Center—

# Activities

(See pg. 11 for Onaway Center activities)

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 <b>Birthday</b> <b>Bingo</b> 2pm	3 What is a Foster Grandparent? 3:30 pm	4	5
6 P.I. Clubhouse Meal 1:00 pm	7	8	9 <b>Bingo</b> 2pm	10 Core Stability through Breathing 3:30 pm ← CSFP Senior Commodities 12—12:30 pm →	11	12
13 4-meal card drawing	14 PICCOA Board Meeting 10am	15	16 <b>Bingo</b> 2pm	17	18 Alpena Bus Trip	19
20 Dan & Dave String Duo 2 pm	21	22	23 <b>Bingo</b> 2pm	24 4-meal card drawing	25	26
27 -Closed - Happy Easter! 	28	29	30 <b>Penny Bingo</b> 2pm 	31		
<p>"It's spring fever. That is what the name of it is. And when you've got it, you want—oh, you don't quite know what it is you do want, but it just fairly makes your heart ache, you want it so!"</p> <p style="text-align: right;">— <u>Mark Twain</u></p> 						

# March Menu: Onaway Center

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 Serving Times

(See pg. 5 for Posen Center Menu)

### Sunday

Soup available at Noon  
Meal served at 1:00 pm

### Monday—Thursday

Soup available at 3:00 pm  
Meal served at 4:30 pm

Closed Friday  
&  
Saturday

## Sunday      Monday      Tuesday      Wednesday      Thursday

		1	2	3
		Garden Citrus Chicken Parsley Noodles Brussel Sprouts Apricots Wheat Bread	Tuna Casserole Green Beans Beets Mixed Fruit Dinner Roll	Hamburgers On a Wheat Bun Roasted Potatoes Mixed Vegetable Plums
6	7	8	9	10
Roasted Turkey Dressing Corn Cranberry Sauce Dinner Roll Deluxe Salad Bar	Polish Sausage Sauerkraut Boiled Potato Mixed Vegetable Peaches Wheat Bread	Ginger BBQ Chicken Sweet Potato Fries California Blend Pears Cornbread	<i>Cook's Choice</i>	Meatloaf Garlic Mashed Potato Green Beans Cinnamon Apples Dinner Roll
13	14	15	16	17
Beef Roast Mashed Potato Asparagus Strawberries Dinner Roll Deluxe Salad Bar	Oven Baked Chicken Baked Mac & Cheese Succotash Blend Fresh Fruit Wheat Bread	Pork Chops Wild Rice Carrots Applesauce Wheat Bread	Country Fried Steak Mashed Potatoes Green Beans Mixed Fruit Biscuit	<b>17 St. Patty's Day!</b> Corned Beef and Cabbage Boiled Potato Carrots Cinnamon Apples
20	21	22	23	24
Baked Ham Sweet Potato Half Mixed Vegetable Watermelon Dinner Roll Deluxe Salad Bar	Sweet/Sour Meatballs Over White Rice Broccoli Mandarin Oranges Wheat Bread	Chicken Pot Pie Beets Wax Beans Sliced Peaches Wheat Bread	Beef Stew Mashed Potatoes Mixed Vegetable Strawberries Biscuit	Fish O' Brien Potatoes Baked Beans Pineapple Wheat Bread
27	28	29	30	31
<i>Closed Happy Easter!</i>	Goulash Peas & Pearl Onions Apricots Breadstick	Scalloped Potatoes & Ham Carrots/Green Beans Diced Pears Biscuit	Chicken Bow Tie Pasta Wax Beans Beets Tropical Fruit Cornbread	Cabbage Rolls Boiled Potato Carrots Pineapple Wheat Bread

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

Menu subject to change due to food availability.




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# March 2016

## —Onaway Center—

# Activities

(See pg. 8 for Posen Center activities)

SUN	MON	TUE	WED	THU	FRI	SAT
<p><i>New casino packages! Ride on the luxury coach buses.</i></p> <p><i>Call 989-733-2559 for more info.</i></p>		<p>1</p> <p><b>BirthDay Bingo 2-4</b></p> <p>Exercise Onaway 10 am</p>	<p>2</p> <p>Casino Trip</p>  <p>Exercise Onaway 10 am</p>	<p>3</p> <p>Bunco 2-4pm</p> <p>Exercise Onaway 10 am</p>	4	5
6	<p>7</p> <p>Euchre/ Pinochle 2-4</p> <p>Exercise Onaway 10 am</p>	<p>8</p> <p><b>Bingo 2-4</b></p> <p>Exercise Onaway 10 am</p>	<p>9</p> <p>4 Meal Draw!</p> <p>Exercise Onaway 10 am</p>	<p>10</p> <p><b>Senior Commodities 9am</b></p> <p>Exercise Onaway 10 am</p>	11	12
<p>13</p> <p><i>4 Meal Draw!</i></p>	<p>14</p> <p>Euchre/ Pinochle 2-4</p> <p>Exercise Onaway 10 am</p>	<p>15</p> <p><b>Bingo 2-4</b></p> <p>Exercise Onaway 10 am</p>	<p>16</p> <p>Casino Trip</p>  <p>Exercise Onaway 10 am</p>	<p>17</p> <p><b>St Patrick's Day Party Onaway 2-4pm</b></p> <p>Exercise Onaway 10 am</p>	<p>18</p> <p><i>Alpena Bus Trip</i></p>	19
<p>20</p> <p><i>Easter Dinner Onaway Center 1:00 pm</i></p>	<p>21</p> <p>Euchre/ Pinochle 2-4</p> <p>Exercise Onaway 10</p>	<p>22</p> <p><b>Bingo 2-4</b></p> <p>Exercise Onaway 10 am</p>	<p>23</p> <p>Spitzer 2-4</p> <p>Exercise Onaway 10 am</p>	<p>24</p> <p>Bunco 2-4pm</p> <p>Exercise Onaway 10 am</p>	25	26
<p>27</p> <p><i>Closed Happy Easter!</i></p>	<p>28</p> <p>Euchre/ Pinochle 2-4</p> <p>Exercise Onaway 10 am</p>	<p>29</p> <p><b>Bingo 2-4</b></p> <p>Exercise Onaway 10 am</p>	<p>30</p> <p>Spitzer 2-4</p> <p>Exercise Onaway 10 am</p>	<p>31</p> <p>Bunco 2-4pm</p> <p>Exercise Onaway 10am</p>	 <p><b>Happy St.Patrick's Day !</b></p>	