

POSEN MAY 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.

—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 Italian Baked Chicken Breast Mashed Potatoes Carrots Pears Wheat Bread	2 Breaded Fish Parmesan Noodles Scandinavian Blend Fresh Melon Wheat Bread
5 Scalloped Potatoes w/ Ham California Blend Cinnamon Applesauce Dinner Roll	6 Garlic Ginger Chicken Breast White Rice Prince Charles Blend Peaches Wheat Bread	7 Lemon Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread	8 Goulash California Blend Pears Breadstick	9 BBQ Pulled Pork Steak Fries Cauliflower Watermelon Wheat Bun
12 Beef Roast Mashed Potatoes w/ Gravy Peas Pears Dinner Roll	13 Cabbage Casserole Redskin Potato Peaches	14 Salisbury Steak Mashed Potatoes w/ Gravy Winter Blend Pineapple	15 Baked Chicken Baked Potato Corn Plums Biscuit	16 Sloppy Joe Potato Medley Wax Beans Pineapple Wheat Bun
19 BBQ Chicken 1/4's Potato Salad Green Beans Fresh Melon	20 Country Fried Steak Mashed Potato w/ Gravy Peas Oranges Biscuit	21 Open Face Roast Beef Sandwich Wax Beans Tropical Fruit	22 Chicken Parmesan Broccoli Mandarin Oranges Breadstick	23 Beef Tips Egg Noodles Capri Vegetables Peaches Cornbread
26  CLOSED	27  CLOSED	28 Chicken & Dumplings Peas Cucumber Slices Strawberries	29 Herbed Pork Loin Oven Roasted Potatoes Green Beans Applesauce Dinner Roll	30 Meatloaf Mashed Potatoes Green Beans Watermelon Wheat 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 MAY 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
<p>Onaway Bus Riders! Don't forget! There will be a designated bus for Onaway residents on Tuesdays and Thursdays. 1st Tues of every month: Rogers City Bus Trip To schedule a ride please call (989) 766-8191.</p>			<p>1 Italian Baked Chicken Breast Mashed Potato Carrots Pears Wheat Bread</p>	<p>2 Chop Suey White Rice Scandinavian Blend Fruit Parfait Wheat Bread</p>
<p>5 Beef Roast Mashed Potatoes w/ Gravy Peas & Pearl Onions Pears Dinner Roll</p>	<p>6 Garlic Ginger Chicken Breast White Rice Prince Charles Blend Peaches Wheat Bread</p>	<p>7 Lemon Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread</p>	<p>8 Goulash Green Beans Pears Breadstick</p>	<p>9 BBQ Pulled Pork Tater Tots Cauliflower Pineapple Wheat Bun</p>
<p>12 Scalloped Potatoes & Ham California Blend Cinnamon Applesauce Dinner Roll</p>	<p>13 Chicken Salad Wrap Cucumber Slices Strawberries</p>	<p>14 Salisbury Steak Mashed Potatoes w/ Gravy Broccoli & Cauliflower Pineapple</p>	<p>15 Baked Chicken Baked Potato Beets Plums Biscuit</p>	<p>16 Sloppy Joe Potato Medley Wax Beans Pineapple Wheat Bun</p>
<p>19 BBQ Chicken 1/4's Potato Salad Green Beans Fresh Melon</p>	<p>20 Country Fried Steak Mashed Potatoes w/ Gravy Brussel Sprouts Mandarin Oranges</p>	<p>21 Ham & Cheese Sub Macaroni Salad Tossed Salad Watermelon</p>	<p>22 Chicken Parmesan Broccoli Mandarin Oranges Breadstick</p>	<p>23 Beef Tips Egg Noodles Peas & Carrots Peaches Cornbread</p>
<p>26  CLOSED</p>	<p>27  CLOSED</p>	<p>28 Cabbage Casserole Redskin Potatoes Peaches</p>	<p>29 Chicken Pot Pie Broccoli Plums</p>	<p>30 Meatloaf Mashed Potatoes Green Beans Fresh Melon</p>

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

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