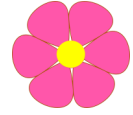


POSEN MAY MENU



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
3 Beef Roast Mashed Potatoes w/ Gravy Peas Pears	4 Garlic Ginger Chicken Breast White Rice Prince Charles Blend Wheat Bread	5 Baked Cod Tater Tot Carrots Fruit Cocktail Wheat Bread	6 Goulash California Blend Pears Breadstick	7 Herbed Pork Loin Oven Roasted Potatoes Green Beans Applesauce
10 Baked Ham Sweet Potatoes California Blend Cinnamon Applesauce Dinner Roll	11 Baked Chicken Breast Hashbrown Cubes Corn Plums	12 Salisbury Steak w/ Gravy Mashed Potatoes Broccoli & Cauliflower Pineapple	13 Cabbage Casserole Red Bliss Potatoes Cauliflower Peaches	14 Sloppy Joe Potato Medley Wax Beans Pineapple Wheat Bun
17 BBQ Chicken 1/4's Potato Salad Green Beans Fresh Melon	18 Country Fried Steak W/ Gravy Mashed Potatoes Green Peas Mandarin Oranges	19 Swedish Meatballs Egg Noodles Wax Beans Tropical Fruit	20 Chicken Parmesan Broccoli Mandarin Oranges Breadstick	21 Beef Tips Egg Noodles Capri Veggies Diced Peaches Corn Bread
24 	25  CLOSED	26 Chicken & Dumplings Green Peas Carrots Strawberries	27 BBQ Pulled Pork Steak Fries Creamy Coleslaw Cauliflower Watermelon	28 Baked Chicken Mashed Potatoes Carrots Diced Peas Wheat Bread
31 Lasagna Sautéed Zucchini Spinach Cantaloupe				

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 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
3 Lasagna Spinach Pineapple Breadstick	4 Pork Chops Roasted Potatoes Green Beans Applesauce Wheat Bread	5 Baked Chicken Baked Potato Beets Mandarin Oranges	6 BBQ Pulled Pork Sandwich Tater Tots Cauliflower Peaches	7 Goulash Green beans Pears Breadstick
10 Baked Ham Candied Sweet Potatoes Cinnamon Applesauce Dinner Roll	11 Chicken Bowtie Pasta Brussel Sprouts Tropical Fruit	12 Salisbury Steak Mashed Potatoes w/ Gravy Corn Pineapple	13 Hotdog Potato Salad Baked Beans Tropical Fruit	14 Sloppy Joe Potato Medley Wax Beans Peaches Wheat Bun
17 Beef Roast Mashed Potatoes w/ Gravy Peas Pears Dinner Roll	18 Garlic Ginger Chicken Breast White Rice Prince Charles Peaches	19 Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread	20 Spaghetti w/ Meat Sauce Broccoli Mandarin Oranges Breadstick	21 Ham & Cheese On Bun Macaroni Salad Tossed Salad Fresh Fruit
24 	25  CLOSED	26 Country Fried Steak w/ Gravy Mashed Potatoes Brussel Sprouts Mandarin Oranges	27 Chicken Parmesan Broccoli Pineapple Breadstick	28 Meatloaf Mashed Potatoes w/ Gravy Fruit Cocktail Wheat Bread
31 BBQ Chicken 1/4's Potato Salad Green Beans Fresh Fruit 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.