

POSEN NOVEMBER 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
3 Roasted Rosemary Turkey Mashed Potatoes Carrots Blueberries	4 Salmon Fillet Brown Rice Broccoli Fruit Cocktail Wheat Bread	5 BBQ Chicken Breast Tater Tots Carrots Peaches	6 Baked Spaghetti Caribbean Veggies Mandarin Oranges Breadstick	7 Honey Glazed Pork Chop Wild Rice Green Beans Pineapple
10 Beef Roast Mashed Potatoes w/ Gravy Yellow Squash Pears Dinner roll	11 Baked Ham Sweet Potatoes Cauliflower Peach Delight	12 Swedish Meatballs Egg Noodles Brussel Sprouts Strawberries Wheat Bread	13 Pork Tenderloin Brown Rice Spinach Fruit Parfait Wheat Bread	14 Hamburger Steak Fries Green Beans Apricots Wheat Bun
17 Chicken 1/4's Brown Rice Broccoli Peaches	18 Chicken and Dumplings Peas California Blend Tropical Fruit	19 Country Fried Steak w/ Gravy Mashed Potatoes Beets Mandarin Oranges	20 Goulash California Blend Pears	21 Ginger Chicken Wild Rice Green Beans Apple Slices Wheat Bread
24 Roast Pork Mashed Potatoes Corn Applesauce Dinner Roll	25 Cabbage Casserole Brussel Sprouts Redskin Potatoes Peaches	26 Italian Baked Chicken Breast Brown Rice Cole Slaw Fruit Cocktail	27 Meatloaf Egg Noodles Green Beans Mandarin Oranges	28 CLOSED

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 NOVEMBER 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 Beef Roast Mashed Potatoes w/ Gravy Peas Dinner Roll	4 Garlic Ginger Chicken Breast White Rice Prince Charles	5 Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread	6 Spaghetti w/ Meat Sauce Broccoli Mandarin Oranges Breadstick	7 BBQ Pulled Pork Sandwich Berry Blend Cauliflower Wheat Bun
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 Lemon Pepper Chicken Breast Baked Potato Carrots Peaches	14 Hamburger Roasted Potatoes Green Beans Mandarin Oranges Wheat Bun
17 BBQ Chicken 1/4's Baked Potato Green Beans Peaches	18 Country Fried Steak w/ Gravy Mashed Potatoes Brussel Sprouts Mandarin Oranges	19 Roast Turkey Egg Noodles Broccoli Pineapple Wheat Bread	20 Goulash California Blend Pears Breadstick	21 Chop Suey White Rice Scandinavian Blend Fruit Parfait Wheat Bread
24 Roast Pork Mashed Potatoes w/ Gravy Corn Applesauce Dinner Roll	25 Open Face Roast Beef Sandwich Wax Beans Tropical Fruit	26 Cabbage Casserole Redskin Potatoes Berry Blend	27 Chicken Pot Pie Broccoli Plums	28 CLOSED

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

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