



POSEN NOVEMBER 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-1:00pm
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
1 Baked Spaghetti Cauliflower Red Grapes Breadstick	2 Parmesan Cod Broccoli Fruit Cocktail	3 Honey Glazed Pork Chop Mashed Sweet Potatoes Green Beans	4 Beef Roast Mashed Potatoes and Gravy Roasted Yellow Squash Diced Pears Dinner Roll	5 Chicken and Biscuits Peas Applesauce
8 Rosemary Turkey Red Bliss Potatoes Brussel Sprouts Peaches	9 Baked Chicken Breast Wild Rice Cauliflower Mixed Fruit	10 Swedish Meatballs Egg Noodles Winter Blend Veggies Pineapple Wheat Bread	11 Oven Fried Garden Chicken Oven Roasted Potatoes Caribbean Veggies Mandarin Oranges Dinner Roll	12 Hamburger Waffle Fries Cali Blend Veggies Fresh Melon
15 BBQ Chicken 1/4's Brown Rice Brown Sugar Glazed Carrots Apricots	16 Beef Shepherd's Pie Mashed Potatoes W/ Gravy Corn Applesauce	17 Meatloaf Parmesan Noodles Prince Charles Veggies	18 Italian Baked Chicken Hashbrown Cubes Broccoli & Cauliflower Diced Pears	19 Roasted Pork Tenderloins Mashed Potatoes Corn Apple Slices Wheat Bread
22 Bacon and Onion Quiche Stewed Tomatoes Peaches Wheat Bread	23 Beef w/ Broccoli White Rice Cauliflower Peaches	24 Country Fried Steak Mashed Potatoes W/ Country Gravy Peas & Carrots Red Grapes	25 COOKS CHOICE	26 CLOSED 
29 Lasagna Cauliflower Tossed Salad Pineapple	30 Baked Ham Sweet Potatoes Beets Tropical Fruit			

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 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 Onaway Center please call 989-733-2559.

Sunday—Thursday : Congregate pick up times 12:00pm-1:00pm
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
1 Beef Roast Mashed Potatoes w/ Gravy Peas Pears Dinner Roll	2 Garlic Ginger Chicken Breast White Rice Prince Charles Peaches	3 Spaghetti w/ Meat Sauce Broccoli Mandarin Oranges Breadstick	4 Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread	5 Chicken Patty Tater Tots Wax Beans Grapes Wheat Bun
8 Baked Ham Candied Sweet Potatoes California Blend Applesauce	9 Chicken Bowtie Pasta Brussel Sprouts Tropical Fruit Wheat Bread	10 Salisbury Steak Mashed Potatoes w/ Gravy Mixed Veggies Pineapple	11 Lemon Pepper Chicken Baked Potato Carrots Peaches	12 Hamburger Oven Roasted Green Beans Mandarin Oranges Wheat Bun
15 Baked Chicken Breast Baked Potato Carrots Peaches	16 Country Fried Steak w/ Gravy Mashed Potatoes Brussel Sprouts Mandarin Oranges	17 Lemon Baked Cod Potato Medley Wax Beans Tropical Fruit	18 Goulash Corn Pears Dinner Roll	19 Baked Chicken White Rice Beets Peaches Wheat Bread
22 Pork Roast Mashed Potatoes w/ Gravy Corn Applesauce Dinner Roll	23 Chicken Pot Pie Broccoli Mandarin Oranges	24 Turkey Mashed Potatoes w/ Gravy Green Beans Tropical Fruit Apple Pie	25 Swedish Meatballs White Rice Carrots Peaches	26  CLOSED
29 Lasagna Spinach Pineapple Breadstick	30 Pork Chops Roasted Potatoes Green beans Applesauce 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.