



# 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   |
|--|---|--|---|--|
|           |              |         |   | 1 Hamburger<br>Roasted Potatoes<br>Green Beans<br>Apricots<br>Wheat Bun                  |
| 4 Lasagna<br>Peas & Pearl Onions<br>Cauliflower<br>Pineapple                               | 5 Chop Suey<br>Brown Rice<br>Spinach<br>Fruit Parfait<br>Wheat Bread                          | 6 Country Fried<br>Steak<br>Mashed Potatoes<br>W/ Gravy<br>Beets<br>Mandarin Oranges     | 7 Goulash<br>California Blend<br>Diced Pears  | 8 Ginger Chicken<br>Wild Rice<br>Green Beans<br>Mandarin Oranges<br>Wheat Bread          |
| 11 Pork Roast<br>Mashed Potatoes<br>Corn<br>Applesauce<br>Dinner Roll                      | 12 Cabbage Rolls<br>Brussels Sprouts<br>Redskin Potatoes<br>Peaches                           | 13 Pork Patty<br>Baked Potato w/<br>Sour Cream & Chives<br>Cauliflower<br>Fruit Cocktail | 14 Meatloaf<br>Egg Noodles<br>Green Beans<br>Mandarin Oranges   | 15 Chicken<br>Pot Pie<br>Corn<br>Broccoli<br>Fruit Cocktail                              |
| 18 Baked Chicken 1/4's<br>Mashed Potatoes w/<br>Sour Cream & Chives<br>Broccoli<br>Peaches | 19 Pork Chop<br>Brown Rice<br>w/ Gravy<br>Cauliflower & Peas<br>Tropical Fruit<br>Wheat Bread | 20 Baked Ham<br>Scalloped Potatoes<br>Green Beans<br>Applesauce<br>Wheat Bread           | 21 Turkey w/ Stuffing<br>Mashed Potatoes<br>w/ Gravy<br>Green Bean Casserole<br>Cinnamon Applesauce<br>Pumpkin Pie<br>Wheat Bread | 22  |
| 25 Beef Roast<br>Mashed Potatoes<br>w/ Gravy<br>Peas<br>Pears<br>Dinner Roll               | 26 Baked Cod<br>Tater Tots<br>Carrots<br>Peas<br>Fruit Cocktail<br>Wheat Bread                | 27 BBQ Chicken<br>Breast<br>White Rice<br>Carrots<br>Peaches                             | 28 Spaghetti<br>w/ Meat Sauce<br>Broccoli<br>Mandarin Oranges<br>Breadstick   | 29 Turkey Casserole<br>Green Beans<br>Beets<br>Pineapple<br>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 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   |
|--|---|--|--|--|
|                               |   | <p>Beginning November 1st, the <b>Onaway Center</b> will begin taking reservations in hopes to control food cost and insure that we will have the correct amount of food for our congregate meals.</p> <p><b>For more information please call 989-733-2559</b></p> |  | <p>1 Hamburger<br/>Roasted Potatoes<br/>Green Beans<br/>Apricots<br/>Wheat Bun</p>                               |
| <p>4 Baked Chicken 1/4's<br/>Baked Potato w/<br/>Sour Cream &amp; Chives<br/>Green Beans<br/>Peaches</p>       | <p>5 Country Fried Steak<br/>Mashed Potatoes<br/>w/ Gravy<br/>Brussels Sprouts<br/>Mandarin Oranges</p> | <p>6 Roast Turkey<br/>Egg Noodles<br/>Broccoli<br/>Pineapple<br/>Wheat Bread</p>   | <p>7 Goulash<br/>California Blend<br/>Veggies<br/>Pears</p>                            | <p>8 Chop Suey<br/>White Rice<br/>Scandinavian Blend<br/>Fruit Parfait<br/>Wheat Bread</p>                       |
| <p>11 Pork Roast<br/>Mashed Potato<br/>Corn<br/>Applesauce<br/>Dinner Roll</p>                                 | <p>12 Open Face<br/>Roast Beef<br/>Sandwich<br/>Wax Beans<br/>Tropical Fruit</p>                        | <p>13 Cabbage Rolls<br/>Redskin Potatoes<br/>Peaches</p>   | <p>14 Chicken Pot Pie<br/>Broccoli<br/>Plums</p>                                       | <p>15 Meatloaf<br/>Egg Noodles<br/>Green Beans<br/>Tropical Fruit</p>  |
| <p>18 Turkey w/ Stuffing<br/>Mashed Potatoes<br/>w/ Gravy<br/>Cinnamon Applesauce<br/>Corn<br/>Pumpkin Pie</p> | <p>19 Pork Chop<br/>Roasted Potatoes<br/>Green Beans<br/>Pineapple<br/>Wheat Bread</p>                  | <p>20 Baked Ham<br/>Scalloped Potatoes<br/>Peas &amp; Pearl Onions<br/>Wheat Bread</p>   | <p>21 Baked Chicken<br/>Mashed Potato<br/>Carrots<br/>Pears<br/>Wheat Bread</p>        | <p>22 <i>Happy</i><br/><b>THANKS<br/>GIVING</b><br/><b>CLOSED</b></p>  |
| <p>25 Beef Roast<br/>Mashed Potatoes<br/>w/ Gravy<br/>Peas<br/>Pears<br/>Dinner Roll</p>                       | <p>26 Baked Cod<br/>Tater Tots<br/>Carrots<br/>Fruit Cocktail<br/>Wheat Bread</p>                       | <p>27 Garlic-Ginger<br/>Chicken<br/>White Rice<br/>Prince Charles Blend<br/>Peaches<br/>Wheat Bread</p>  | <p>28 Spaghetti w/<br/>Meat Sauce<br/>Broccoli<br/>Mandarin Oranges<br/>Breadstick</p> | <p>29 Pulled Pork<br/>Sandwich<br/>Baked Potato w/<br/>Sour Cream &amp; Chives<br/>Cauliflower<br/>Pineapple</p> |

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