



POSEN OCTOBER 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 Salisbury Steak Mashed Potatoes w/ Gravy Broccoli & Cauliflower Pineapple	2 Cabbage Casserole Redskin Potatoes Cauliflower Peaches	3 Sloppy Joe Potato Medley Wax Beans Pineapple Wheat Bun
6 BBQ Chicken 1/4's Potato Salad Green Beans Fresh Melon	7 Country Fried Steak Mashed Potatoes w/ Gravy Peas Mandarin Oranges	8 Open Face Roast Beef Sandwich Wax Beans Tropical Fruit	9 BBQ Pulled Pork Steak Fries Cauliflower Cole Slaw Watermelon Wheat Bun	10 Italian Baked Chicken Breast Mashed Potatoes Carrots Pears Wheat Bread
13 Roast Pork Mashed Potatoes Corn Applesauce Dinner Roll	14 Stuffed Green Peppers Redskin Potatoes Carrots Watermelon	15 Chicken & Dumplings Peas Carrots Strawberries	16 BBQ Pulled Pork Steak Fries Cole Slaw Cauliflower Watermelon	17 Italian Baked Chicken Mashed Potato Carrots Pears Wheat Bread
20 Lasagna Sautéed Zucchini Spinach Cantaloupe	21 Dijon Chicken Parsley Noodles Broccoli Plums	22 Hamburger Roasted Potatoes Wax Beans Apricots Wheat Bun	23 Meatloaf Mashed Potatoes w/ Gravy Corn Fresh Melon	24 Breaded Fish Parmesan Noodles Scandinavian Blend Fresh Melon
27 Beef Roast Mashed Potatoes w/ Gravy Peas Pears Dinner Roll	28 Garlic Ginger Chicken Breast White Rice Prince Charles Blend Peaches Wheat Bread	29 Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread	30 Goulash California Blend Pears	31 Herbed Pork Loin Oven Roasted Potato Green Beans Applesauce

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 OCTOBER 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
		1 Ham & Cheese Sub Macaroni Salad Tossed Salad Pineapple	2 Chicken Parmesan Broccoli Mandarin Oranges Breadstick	3 Beef Tips Egg Noodles Peas & Carrots Peaches Cornbread
6 Roast Pork Mashed Potatoes w/ Gravy Corn Applesauce Dinner Roll	7 Open Face Roast Beef Sandwich Wax Beans Fruit Cocktail	8 Cabbage Casserole Boiled Potato Peaches	9 Chicken Pot Pie Broccoli Pineapple Biscuit	10 Meatloaf Mashed Potatoes w/ Gravy Green Beans Tropical Fruit
13 Lasagna Spinach Pineapple Breadstick	14 Pork Chops Roasted Potatoes Green Beans Applesauce Wheat Bread	15 Hamburger Tater Tots Wax Beans Apricots Wheat Bun	16 Italian Baked Chicken Breast Mashed Potato w/ Gravy Carrots Pears Wheat Bread	17 Chop Suey White Rice Scandinavian Blend Fruit Parfait Wheat Bread
20 Beef Roast Mashed Potatoes w/ Gravy Peas & Pearl Onions Pears Dinner Roll	21 Garlic Ginger Chicken Breast White Rice Prince Charles Blend Peaches Wheat Bread	22 Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread	23 Goulash Green Beans Pears Breadstick	24 BBQ Pulled Pork Roasted Potatoes Cauliflower Pineapple Wheat Bun
27 Ham & Scalloped Potatoes California Blend Cinnamon Applesauce Dinner Roll	28 Chicken Salad Wrap Tossed Salad Cucumber Slices Strawberries	29 Salisbury Steak Mashed Potatoes w/ Gravy Broccoli & Cauliflower Mandarin Oranges	30 Breaded Chicken Baked Potato Beets Tropical Fruit	31 Sloppy Joe Potato Medley Wax Beans Pineapple Wheat Bun

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

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