



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 Chop Suey Rice Pilaf Spinach Fruit Parfait Wheat Bread	2 Country Fried Steak Mashed Potatoes w/ Gravy Beets Mandarin Oranges	3 Goulash California Blend Diced Pears Breadstick	4 Ginger Chicken Wild Rice Green Beans Mandarin Oranges Wheat Bread
7 Pork Roast Mashed Potatoes Corn Applesauce Dinner Roll	8 Cabbage Rolls Red Bliss Potatoes Brussels Sprouts Peaches Wheat Bread	9 Breaded Pork Patty Baked Potato w/ Sour Cream and Chives Cauliflower Fruit Cocktail	10 Italian Meatloaf Egg Noodles Green Beans Tropical Fruit Wheat Bread	11 Chicken Pot Pie Corn Broccoli Fruit Cocktail Wheat Bread
14 Lasagna Cauliflower Italian Blend Pineapple Breadstick	15 Pork Chop Brown Rice w/ Gravy Cauliflower & Peas Fruit Salad Wheat Bread	16 Baked Ham Scalloped Potatoes Green Beans Applesauce Wheat Bread	17 Italian Baked Chicken Mashed Potatoes Broccoli Diced Pears Wheat Bread	18 Beef Stroganoff Egg Noodles Capri Vegetables Diced Peaches Wheat Bread
21 Beef Roast Mashed Potatoes w/ Gravy Green Peas Diced Pears Dinner Roll	22 Baked Cod Tater Tots Carrots & Peas Fruit Cocktail Wheat Bread	23 BBQ Chicken Breast White Rice Carrots Peaches Wheat Bread	24 Spaghetti w/ Meat Sauce Broccoli Mandarin Oranges Breadstick	25 Turkey Casserole Beets Green Beans Pineapple Wheat Bread
28 Baked Ham Sweet Potato Cauliflower Applesauce Dinner Roll	29 Salisbury Steak Mashed Potatoes w/ Gravy Peas Pineapple Wheat Bread	30 Tuna Casserole Carrots Brussels Sprouts Tropical Fruit Dinner Roll	31 Chicken a la King Baked Potato California Blend Strawberries 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.



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 Country Fried Steak Mashed Potatoes w/ Gravy Brussels Sprouts Mandarin Oranges Mini Biscuit	2 Turkey Egg Noodles Broccoli Pineapple Wheat Bread	3 Goulash California Blend Diced Pears Corn Bread	4 Pork Chop Suey White Rice Scandinavian Blend Fruit Parfait Wheat Bread
7 Pork Roast Mashed Potato Corn Applesauce Dinner Roll	8 Open Face Roast Beef Sandwich Wax Beans Tropical Fruit	9 Stuffed Cabbage Rolls Red Bliss Potatoes Peaches Wheat Bread	10 Chicken Pot Pie Broccoli Plums	11 Meatloaf Egg Noodles Green Beans Tropical Fruit Wheat Bread
14 Lasagna Corn Mixed Vegetables Pineapple Breadstick	15 Pork Chop Oven Brown Potatoes Green Beans Pineapple Chunks Wheat Bread	16 Baked Ham Scalloped Potatoes Peas & Pearl Onions Applesauce Wheat Bread	17 Italian Baked Chicken Mashed Potatoes Carrots Diced Pears Wheat Bread	18 Beef Stroganoff Egg Noodles Capri Vegetables Diced Peaches Wheat Bread
21 Beef Roast Mashed Potatoes w/ Gravy Green Peas Diced Peaches Dinner Roll	22 Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread	23 Garlic Ginger Chicken Breast White Rice Prince Charles Blend Peaches Wheat Bread	24 Spaghetti w/ Meat Sauce Broccoli Mandarin Oranges Breadstick	25 Pulled Pork Sandwich Baked Potato w/ Sour Cream & Chives Cauliflower Pineapple
28 Baked Ham Sweet Potatoes California Blend Cinnamon Applesauce Dinner Roll	29 Salisbury Steak Mashed Potatoes w/ Gravy Corn Pineapple Wheat Bread	30 Tuna Casserole Brussels Sprouts Tropical Fruit Dinner Roll	31 Baked Chicken Breast Baked Potato Cauliflower Plums	

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

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