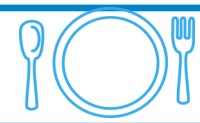


POSEN MAY MENU



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 Sweet & Sour Chicken Wild Rice Broccoli Apricots Dinner Roll	2 Country Fried Steak Mashed Potatoes w/ Gravy Green Beans Pears Biscuits	3 Pork Chop Stuffing Glazed Carrots Watermelon Cornbread
6 Rustic Chicken 1/4s Mashed Potatoes w/ Gravy Spinach Cinnamon Apples Dinner Roll	7 Baked Cod Tater Tots Peas & Carrots Peaches Cornbread	8 Hamburger On Bun Steak Fries Corn Mixed Melon	9 BBQ Ribs Roasted Potatoes Brussel Sprouts Rhubarb Wheat Bread	10 Ham & Cheese Frittata Hash Browns Stewed Tomatoes Pineapple Biscuit
13 Lasagna Italian Beans Dill Cucumbers Strawberries Breadstick	14 Smoked Sausage On Bun O'Brien Potatoes Sauerkraut Fruit Cocktail	15 Sloppy Joe On Bun Potato Medley Green Beans Stewed Tomatoes Pears	16 Ham & Cheese Sub Macaroni Salad Coleslaw Tropical Fruit	17 Pepper Steak White Rice Garlic Green Beans Applesauce Diner Roll
20 Max's Cabbage Rolls Boiled Red Skins Corn Plums Cornbread	21 BBQ Chicken Breast Roasted Potatoes Three Bean Salad Apricots Wheat Bread	22 Tuna Salad On Bun Sliced Tomatoes w/ Italian Dressing Creamy Cucumbers Peaches	23 Spaghetti Cauliflower Mixed Vegetables Pears Breadstick	24 Taco Spanish Rice Corn Apples
27 CLOSED	28 CLOSED Memorial Day	29 Ham Mac & Cheese Stewed Tomatoes Applesauce Wheat Bread	30 Meatballs Buttered Noodles Roasted Brussel Sprouts Watermelon Breadstick	31 Beef Fajita's White Rice Peppers & Onions Peaches

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 MAY 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 Swedish Meatballs w/ Egg Noodles Mixed Vegetables Diced Peaches Dinner Roll	2 Ginger BBQ Chicken Breast White Rice Succotash Blend Plums Wheat Bread	3 Hamburger w/ Wheat Bun O'Brien Potatoes Diced Beets Watermelon
6 Beef Roast Mashed Potato w/ Gravy California Blend Mandarin Oranges Pineapple Dinner Roll	7 Country Fried Steak Mashed Potato w/ Gravy Carrots Apricots Biscuit	8 Baked Cod Tater Tots Prince Charles Blend Tropical Fruit Wheat Bread	9 Chicken Bowtie Pasta Diced Beets Wax Beans Diced Pears	10 Goulash Carrots Corn Fruit Cocktail Breadstick
13 Baked Ham Sweet Potatoes Green Beans Fruit Salad Wheat Bread	14 Sweet & Sour Chicken Breast White Rice Wax Beans Pineapple Dinner Roll	15 Meatloaf Mashed Potato w/ Gravy Corn Peaches & Pears Wheat Bread	16 Coney Hotdog On Bun Baked Beans Tossed Salad Watermelon	17 BBQ Ribs Mashed Potato Peas & Carrots Applesauce Dinner Roll
20 Baked Chicken 1/4's Mashed Potato w/ Gravy Scandinavian Blend Warm Peaches w/ Brown Sugar Dinner Roll	21 Maple Garlic Pork Chops Broccoli Applesauce Cornbread	22 Cabbage Rolls Boiled Red Skins Carrots Fruit Cocktail Wheat Bread	23 Tuna Casserole Wax Beans Corn Mandarin Oranges Wheat Bread	24 Chicken Salad Wrap Macaroni Salad Fresh Cucumbers Tropical Fruit
CLOSED	CLOSED Memorial Day	29 Chicken Parmesan w/ Spaghetti Broccoli Cauliflower Diced Pears	30 Pepper Steak White Rice Succotash Blend Apricots Wheat Bread	31 Pork Pattie On Bun Oven Browns Wax Beans

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.