



# POSEN SEPTEMBER 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  <b>CLOSED</b>	2  <b>LABOR DAY</b> <b>CLOSED</b>	3 Open Face Roast Beef Sandwich Wax Beans Tropical Fruit	4 Chicken Parmesan Broccoli Mandarin Oranges Breadstick	5 Beef Tips Egg Noodles Capri Veggies Peaches Corn Bread
8 Pork Roast Mashed Potatoes w/ Gravy Corn Applesauce Dinner Roll	9 Stuffed Green Peppers Redskin Potatoes Carrots Watermelon	10 Chicken and Dumplings Peas Carrots Strawberries	11 BBQ Pulled Pork Steak Fries Cauliflower Cole Slaw Watermelon Wheat Bun	12 Italian Baked Chicken Breast Mashed Potatoes Carrots Pears Wheat Bread
15 Lasagna Sautéed Zucchini Spinach Cantaloupe	16 Dijon Chicken Parsley Noodles Broccoli Plums	17 Hamburger Roasted Potatoes Wax Beans Apricots Wheat Bun	18 Meatloaf Mashed Potatoes w/ Gravy Corn Fresh Melon	19 Breaded Fish Parmesan Noodles Scandinavian Blend Fresh Melon Wheat Bread
22 Beef Roast Mashed Potatoes w/ Gravy Peas Pears Dinner Roll	23 Garlic Ginger Chicken Breast White Rice Prince Charles Blend Peaches Wheat Bread	24 Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread	25 Goulash California Blend Pears	26 Herbed Pork Loin Oven Roasted Potato Green Beans Applesauce
29 Ham & Scalloped Potatoes California Blend Cinnamon Applesauce Dinner Roll	30 Baked Chicken Breast Hashbrown Cubes Corn Biscuit	Salisbury Steak Mashed Potatoes w/ Gravy Broccoli & Cauliflower Pineapple	Cabbage Casserole Redskin Potatoes Cauliflower Peaches	Sloppy Joe Potato Medley Wax Beans Pineapple Wheat Bun

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 SEPTEMBER 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  <b>CLOSED</b>	2  <b>LABOR DAY CLOSED</b>	3 Ham & Cheese Sub Macaroni Salad Tossed Salad Watermelon	4 Chicken Parmesan Broccoli Mandarin Oranges Breadstick	5 Beef Tips Egg Noodles Peas & Carrots Peaches Cornbread
8 Roast Pork Mashed Potatoes w/ Gravy Corn Applesauce Dinner Roll	9 Open Face Roast Beef Sandwich Wax Beans Fruit Cocktail	10 Cabbage Casserole Boiled Potato Peaches	11 Chicken Pot Pie Broccoli Plums Biscuit	12 Meatloaf Mashed Potatoes w/ Gravy Green Beans Fresh Melon
15 Lasagna Spinach Pineapple Breadstick	16 Pork Chops Roasted Potatoes Green Beans Applesauce Wheat Bread	17 Hamburger Tater Tots Wax Beans Apricots Wheat Bun	18 Italian Baked Chicken Breast Mashed Potato w/ Gravy Carrots Pears Wheat Bread	19 Chop Suey White Rice Scandinavian Blend Fruit Parfait Wheat Bread
22 Beef Roast Mashed Potatoes w/ Gravy Peas & Pearl Onions Pears Dinner Roll	23 Garlic Ginger Chicken Breast White Rice Prince Charles Blend Peaches Wheat Bread	24 Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread	25 Goulash Green Beans Pears Breadstick	26 BBQ Pulled Pork Roasted Potatoes Cauliflower Pineapple Wheat Bun
29 Ham & Scalloped Potatoes California Blend Cinnamon Applesauce Dinner Roll	30 Chicken Salad Wrap Tossed Salad Cucumber Slices Strawberries			

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

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