



POSEN SEPTEMBER MENU



Congregate meals for pick-up Sunday - Thursday.

Dinner is a suggested *donation* of \$3.00 for seniors 60 years and older.

The meal **cost** is \$6.00 per person **under 60**. To contact the Posen Center please call 989-766-8191.

Sunday – Thursday : Congregate pick up times 12:00pm-1:30pm
Please call to reserve your meal a day in advance or no later than 10:00 am the day of.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1 Roasted Rosemary Turkey Mashed Potatoes Wax Beans Tropical Fruit	2 Chicken Parmesan Broccoli Mandarin Oranges Breadstick	3 Beef Tips Egg Noodles Capri Veggies Diced Peaches Corn Bread
6 CLOSED	7 CLOSED 	8 Ham & Cheese on a Bun Broccoli Wax Beans Cantaloupe	9 Garlic Ginger Chicken White Rice Prince Charles Blend Peaches Wheat Bread	10 Hamburger Roasted Potatoes Wax Beans Watermelon Wheat Bun
13 Lasagna Sautéed Zucchini Spinach Cantaloupe	14 Dijon Chicken Parsley Noodles Broccoli Plum Halves	15 Baked Italian Chicken Mashed Potatoes Carrots Diced Pears Wheat Bread	16 BBQ Pulled Pork Sandwich Steak Fries Cauliflower Creamy Coleslaw Watermelon	17 Breaded Fish Parmesan Noodles Scandinavian Veggies Fresh Melon Wheat Bread
20 Beef Roast Mashed Potatoes w/ Gravy Peas Diced Pears Dinner Roll	21 Meatloaf Mashed Potatoes w/ Gravy Corn Fresh Melon	22 Lemon Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread	23 Goulash California Blend Veggies Diced Pears	24 Herbed Pork Loin Oven Roasted Potatoes Green Beans Applesauce
27 Baked Ham Sweet Potatoes California Blend Veggies Watermelon Dinner Roll	28 Baked Chicken Breast Hashbrown Cubes Corn Plums Biscuit	29 Salisbury Steak Mashed Potatoes w/ Gravy Broccoli and Cauliflower Pineapple	30 Cabbage Rolls Red Bliss Potatoes Cauliflower 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 SEPTEMBER MENU



Congregate meals for pick-up Sunday - Thursday.

Dinner is a suggested *donation* of \$3.00 for seniors **60 years and older**.

The meal **cost** is \$6.00 per person **under 60**. To contact the Onaway Center please call 989-733-2559.

Sunday—Thursday : Congregate pick up times 12:00pm-1:30pm
Please call to reserve your meal a day in advance or no later than 10:00 am the day of.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1 Ham & Cheese On a Bun Macaroni Salad Tossed Salad Fresh Grapes	2 Chicken Parmesan Broccoli Mandarin Oranges Dinner Roll	3 Beef Tips Egg Noodles Peas & Carrots Peaches Cornbread
6 CLOSED	7 CLOSED	8 Cabbage Casserole Redskin Potatoes Pears	9 Chicken Pot Pie Broccoli Strawberries Biscuit	10 Meatloaf Mashed Potatoes w/ Gravy Green Beans Fruit Cocktail Wheat Bread
13 Lasagna Spinach Pineapple Dinner Roll	14 Pork Chops Roasted Potatoes Green Beans Applesauce Wheat Bread	15 Chicken Patty Tater Tots Wax Beans Fresh Grapes Wheat Bun	16 Italian Baked Chicken Breast Mashed Potatoes w/ Gravy Carrots Pears Wheat Bread	17 Hotdog O'Brien Hashbrowns Baked Beans Apple Wheat Bun
20 Beef Roast Mashed Potatoes w/ Gravy Peas & Pearl Onions Pears Dinner Roll	21 Garlic Ginger Chicken Breast White Rice Prince Charles Peaches	22 Lemon Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread	23 Goulash Green Beans Apple	24 BBQ Pulled Pork Sandwich Tater Tots Cauliflower
27 Scalloped Potatoes w/ Ham California Blend Cinnamon Applesauce Dinner Roll	28 Chicken Salad Wrap Potato Salad Cucumber Strawberries	29 Salisbury Steak Mashed Potatoes w/ Gravy Broccoli & Cauliflower Pineapple	30 Baked Chicken Baked Potato Beets Pears	

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

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