



# 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
2  <b>CLOSED</b>	3  <b>CLOSED</b>	4 Goulash Cauliflower Corn Pears Breadstick	5 Ginger Chicken Wild Rice Green Beans Cantaloupe Wheat Bread	6 Cabbage Rolls Redskin Potatoes Brussel Sprouts Cinnamon Peaches Wheat Bread
9 Pork Roast Mashed Potatoes Corn Applesauce Dinner Roll	10 Meatloaf Egg Noodles Green Beans Tropical Fruit Wheat Bread	11 BBQ Pork Sandwich French Fries Cauliflower Pineapple Wheat Bun	12 Chicken Pot Pie Corn Broccoli Fruit Cocktail Wheat Bread	13 Open Face Beef Sandwich Stewed Tomatoes Carrots Apricots Wheat Bread
16 Lasagna Italian Blend Cauliflower Pineapple Breadstick	17 Scalloped Potatoes w/ Ham Peas & Pearl Onions Prince Charles Blend Applesauce Wheat Bread	18 Italian Chicken Mashed Potatoes Broccoli Pears Dinner Roll	19 Beef Tips Egg Noodles Capri Veggie Blend Peaches Wheat Bread	20 Hamburger Tater Tots Green Beans Apricots Wheat Bread
23 Plath's Sausage Sauerkraut Carrots Strawberries Cornbread	24 Tuna Casserole Brussel Sprouts Cauliflower Bananas Breadstick	25 Salisbury Steak Potato Medley Peas Pineapple Dinner Roll	26 BBQ Chicken Breast Carrots Boiled Redskins Mandarin Oranges Wheat Bread	27 Baked Cod Tater Tots Broccoli Fruit Cocktail Wheat Bread
30 Baked Ham Sweet Potatoes California Blend Apple Slices 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 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
2  <b>CLOSED</b>	3  <b>CLOSED</b>	4 Swiss Steak Mashed Potatoes Wax Beans Diced Pears Wheat Bread	5 Pork Chops Wild Rice Green Beans Applesauce Dinner Roll	6 Goulash Carrots Pineapple Wheat Bread
9 BBQ Chicken 1/4's Boiled Redskins Peas & Carrots Watermelon Dinner Roll	10 Pepper Steak White Rice Cauliflower Apricots Wheat Bread	11 Baked Cod Tater Tots Diced Beets Peaches Wheat Bread	12 Ginger-Garlic Chicken Breast White Rice Broccoli Pineapple Dinner Roll	13 Beef Tips w/ Egg Noodles Succotash Blend Diced Pears Dinner Roll
16 Pork Roast Mashed Potato w/ Gravy California Blend Fruit Salad Dinner Roll	17 Kielbasa Tater Tots Wax Beans Diced Peaches Wheat Bun	18 Chicken Pot Pie Diced Beets Plums	19 Cabbage Rolls Boiled Redskins Carrots Apricots Wheat Bread	20 Chicken Salad Wrap Potato Salad Fresh Cucumbers Tropical Fruit
23 Lasagna Winter Blend Mandarin Oranges Pineapple Breadsticks	24 Scalloped Potatoes w/ Ham Carrots Applesauce Dinner Roll	25 Meatloaf Mashed Potatoes w/ Gravy Corn Mandarin Oranges Wheat Bread	26 Tuna Noodle Casserole Green Beans Diced Pears Dinner Roll	27 Hamburger Hashbrowns Mixed Vegetables Fruit Cocktail Wheat Bun
30 Beef Roast Mashed Potatoes w/ Gravy Scandinavian Blend Diced Peaches Dinner Roll				

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

Menu subject to change due to food availability.

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