

Federal and state grants cover only a portion of the meals we provide. Donations are important to PICCOA.  
 Dinner is a suggested donation of \$3.00 for seniors 60 years and older.  
 The meal cost is \$6.00 per person under 60.

Congregate meals being served 5 days a week at both centers

Soup at 4 pm, Meal at 4:30 pm

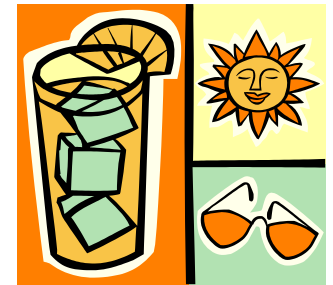
**Sundays in Onaway:**

Soup at Noon, Meal at 1 pm

**Sundays in Posen:**

Soup & dessert at 3:30 pm, Meal at 4 pm

AVAILABLE FOR MONDAY DELIVERY ONLY		AVAILABLE FOR WEDNESDAY DELIVERY ONLY		Thursday hot meal and week-end frozen meals
Delivered Cold	Delivered Hot	Delivered Cold	Delivered Hot	
SUN	MON	TUE	WED	THU
				1 <b>Chop Suey</b> Rice Broccoli Summer Squash Plums
4 <b>Baked Turkey</b> Mashed Potatoes/ Gravy Green Beans Pineapple Tidbits	5 <b>Lasagna</b> Peas Cauliflower Fresh Fruit Bread Sticks	6 <b>Chicken Alfredo</b> Spinach Carrots Pears Dinner Roll	7 <b>Salisbury Steak</b> Parsley Potatoes Wax Beans Tossed Salad Applesauce	8 <b>Fish</b> Rice Pilaf Corn Peaches Corn Bread
11 <b>Pot Roast</b> Sour Cream & Chive Potatoes California Blend Cherries Bread Sticks	12 <b>Ham</b> Sweet Potato 3-Bean Salad Summer Squash Tossed Salad Plums	13 <b>Beef Stroganoff</b> Noodles Peas Beets Peaches Dinner Roll	14 <b>Hamburger w/ Bun</b> Corn Green Beans Fresh Fruit	15 <b>Hawaiian Stir- Fry</b> Rice Far East Blend Broccoli Tropical Fruit
18 <b>Pork Chops</b> Parsley Potatoes Brussel Sprouts Melon Dinner Roll	19 <b>Sloppy Joe w/ Bun</b> Oven Brown Potatoes Cauliflower Apricots	20 <b>Rustic Italian Chicken</b> Red Skin Potatoes Carrots Tossed Salad Tropical Fruit Dinner Roll	21 <b>Meatloaf</b> Seasoned Rice Summer Squash Applesauce	22 <b>Swiss Steak</b> Rice Peas Tossed Salad Mixed Fruit Bread Sticks
25 <b>Baked Chicken</b> Scalloped Potatoes Corn Tossed Salad Pears Dinner Roll	26 <b>Cabbage Roll</b> Boiled Potatoes Baked Beans Peaches	27 <b>Fish</b> Hash Brown Potatoes Beets Tossed Salad Apricots Dinner Roll	28 <b>Boiled Dinner</b> Cabbage Carrots Tropical Fruit	29 <b>Pork Steak</b> Wax Beans Oven Brown Potatoes Applesauce



**Meals served  
 Sunday—Thursday  
 Closed Fridays  
 & Saturdays.**

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

Menu subject to change due to  
 food availability.



# PICCOA August Menu