



PICCOA AUGUST MENU



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

The meal cost is \$6.00 per person under 60.



Please call to reserve your meal a day in advance or no later than 10 am the day of.

Posen Center @ 989-766-8191 or Onaway Center @ 989-733-2559.



Sunday Congregate: Soup and Salad @ 12:30 pm, Dinner @ 1:00 pm

Monday-Thursday Congregate: Soup @ 3:30 pm, Dinner @ 4:00 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 Bacon Frittata Cherry Tomatoes Peaches Biscuit	2 Grilled Chicken Sandwich Sweet Potato Fries California Blend Pears	3 Bourbon Pork Chops Mashed Potatoes Green Beans Fruit Cocktail	4 Beef Teriyaki White Rice Broccoli Tropical Fruit	5 Country Fried Steak w/ Gravy Mashed Potatoes Peas & Carrots Grapes
8 Lasagna Cauliflower Roasted Zucchini Pineapple Dinner Roll	9 Baked Ham Mashed Potatoes Sauteed Red Cabbage Tropical Fruit	10 Crunchy Baked Ranch Chicken Buttered Noodles California Blend Veggies	11 Tuna Salad Sandwich Broccoli Tomato & Cucumber Salad Pears	12 Beef Tips Egg Noodles Green Beans Peaches Wheat Bread
15 Roast Beef Mashed Potatoes w/ Gravy Roasted Yellow Squash Pears	16 Baked Spaghetti Corn Fruit Cocktail	17 Pulled Pork Sandwich Brown Rice Green Beans Applesauce	18 Baked Cod Parsley Noodles Broccoli Apples	19 Baked Lemon Pepper Chicken Roasted Potatoes Brussel Sprouts Cantaloupe
22 Roasted Turkey Red Bliss Potatoes Asparagus Peaches Dinner Roll	23 Cheese Ravioli w/ Sauce Roasted Zucchini Pears	24 Chicken Alfredo Winter Blend Veggies Pineapple	25 Beef Tacos Spanish Rice Peaches	26 Baked Chicken Breast Wild Rice Mixed Veggies Mixed Fruit
29 BBQ Chicken 1/4's Red Bliss Potatoes Peas & Carrots Apricots	30 Pork Tenderloin Mashed Potatoes w/ Gravy Green Beans Applesauce	31 Pepperoni Pizza Tossed Salad Brussel Sprouts Mandarin Oranges		

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.