



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**.



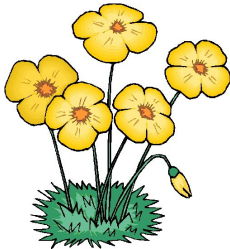

Please call to reserve your meal a day in advance or no later than **12 pm** the day of.

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 Chicken & Veggie Stir-Fry Brown Rice Fresh Broccoli Pears	2 Pepperoni Pizza Tossed Salad Mandarin Oranges Roasted Brussel Sprouts	3 BBQ Turkey Burger Potato Wedges California Blend Veggies Watermelon	4 STAFF TRAINING
7 Chicken & Stuffing Casserole Peas & Carrots Peaches	8 Pork Tenderloin Mashed Potatoes w/ Gravy Green Beans Pears	9 Chef Salad Hard Boiled Egg Fresh Cauliflower Apple Slices	10 Sweet & Sour Meatballs White Rice Broccoli Honeydew Melon	11 Honey Garlic Chicken Breast Mashed Potatoes Carrots Mixed Fruit
14 Roasted Turkey Red Bliss Potatoes Peas Peaches Dinner Roll	15 Baked Ham Mashed Potatoes Carrots Tropical Fruit	16 Tuna Salad Sandwich Broccoli Tomato & Cucumber Salad Pears	17 Crunchy Ranch Chicken Breast Buttered Noodles California Blend Veggies Apple Slices	18 Beef Tips Egg Noodles Green Beans Peaches Wheat Bread
21 Beef Roast Mashed Potatoes w/ Gravy Yellow Squash Pears Dinner Roll	22 Spaghetti w/ Meatballs Carrots Fruit Cocktail	23 Lemon Pepper Chicken Breast Red Bliss Potatoes Brussel Sprouts Cantaloupe	24 Baked Cod Parsley Noodles Garden Seasoned Broccoli Peaches	25 Country Fried Steak Mashed Potatoes w/ Gravy Peas & Carrots Tropical Fruit
28 Salisbury Steak Mashed Potatoes w/ Gravy Green Beans Pineapple	29 Chicken Enchiladas Black Beans & Corn Strawberries Mixed Fruit	30 Meatloaf Baked Potato Carrots Pears	31 Pulled Pork Sandwich Brown Rice Green Beans Applesauce	

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.