



PICCOA August 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.**

Sunday Congregate

Onaway Center: Soup at Noon, Meal at 1:00 pm

Posen Center: Soup at 3 pm, Meal at 4:00 pm

Monday-Thursday Congregate

Both Centers: Soup at 3 pm, Meal at 4:30 pm

(* Denotes a substituted item)

Sunday	Monday	Tuesday	Wednesday	Thursday
Congregate Only	HDM Hot	HDM Hot	HDM Hot & Weekend Cold	HDM Hot & Weekend Cold
2 Beef Stroganoff White Rice Green Beans Peaches Bread 5-4	3 Breaded Pork Roasted Potatoes Asparagus Apricots Bread 1-3	4 Baked Chicken Breast Roasted Sweet Potatoes Cauliflower Tropical Fruit Salad Corn Bread 3-1	5 Meatloaf Mashed Potatoes Mixed Vegetables Sweet Cherries Bread & Salad Bar 1-4	6 Veal Piccata Spaghetti Noodles California Vegetables Baked Apples Bread 3-2
9 Turkey Tetrazzini Lima Beans Capri Vegetables Tropical Fruit Salad Bread 3-6	10 Sandwich Bar (Cold Cuts) Baked Beans Potato Salad Fresh Fruit Choice of bread	11 Cabbage Rolls Mashed Potatoes Mixed Vegetables Plums Bread 2-6	12 Honey Balsamic Chicken Baked Potato Zucchini Squash Pears Bread & Salad Bar 5-7	13 Pork Chop Supreme O'Brien Potatoes Capri Vegetables Fresh Fruit Roll 5-2
16 Pot Roast Mashed Potatoes & Gravy Carrots Fresh Fruit Rolls 5-1	17 BBQ Pork Riblette Potato Wedges Vegetable Blend Pineapple Bread 4-4	18 Lasagna Green Beans Corn Cinnamon Apples Roll 4-5	19 Goulash Succotash Green Beans Mixed Fruit Roll & Salad Bar 1-2	20 Tahitian Chicken Rosemary Potatoes Caribbean Vegetables Applesauce & Bread 4-2
23 Baked Spaghetti Green Beans Corn Orange Wedges Bread 4-3	24 Pepper Steak Brown Rice Northwest Vegetables Corn Pears & Biscuit 1-7	25 Lemon Chicken Breast Parsley Noodles Green Peas Mandarin Oranges Bread 1-5	26 Pork Chop Cheesy Mashed Potatoes Capri Vegetables Plums Bread & Salad Bar 1-6	27 Taco Bar Spanish rice Asparagus Pico De Gallo Sour Cream Tortilla
30 Roast Pork Baked Potato Carrots Fresh Fruit Corn Bread 2-3	31 Garden Citrus Chicken Roasted Potatoes Broccoli Chilled Peaches Roll 2-2			




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.

August 2015

PICCOA Activities

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Cheboygan Bus Trip ●————● Exercise Onaway 10 am	4 Onaway Birthday Bingo 2 pm ●————● Exercise Onaway 10 am	5 Posen Birthday Bingo 2pm ●————● Exercise Onaway 10 am	6 Laughter Therapy 3:30 –Posen ●————● Exercise Onaway 10 am	7	8
9 Al Kamyszek Variety Band Posen 2pm	10 Board Meeting Onaway 10 am ●————● Onaway/Posen 5 meal draw ●————● Exercise Onaway 10 am	11 Onaway Bingo 2 pm ●————● Exercise Onaway 10 am	12 Posen Bingo 2pm ●————● Exercise Onaway 10 am	13 Senior Commodities Onaway 9-10 Posen 12-12:30 ●————● TEFAP Commod- ities 9am-Noon ●————● How to Deal with Grief 3:30 Posen	14	15
16 P.I. Lighthouse Meal 1:00pm	17 Exercise Onaway 10 am	18 Onaway Bingo 2 pm ●————● Exercise Onaway 10 am	19 Posen Bingo 2 pm ●————● Exercise Onaway 10 am	20 Five wishes 3:30 pm-Posen ●————● Exercise Onaway 10 am	21 Alpena Bus Trip	22
23 Onaway/ Posen 5 meal draw	24 Exercise Onaway 10 am	25 Onaway Bingo 2 pm ●————● Exercise Onaway 10 am	26 Posen Bingo 2pm ●————● Exercise Onaway 10 am	27 Exercise Onaway 10 am	28	29
30	31 Exercise Onaway 10 am		