




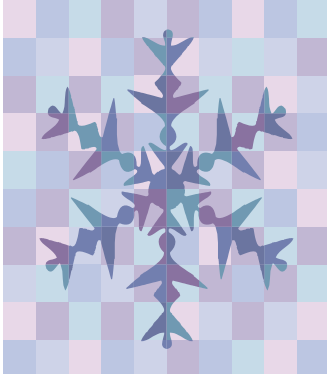
Federal and state grants cover only a portion of the meals we provide. Donations are important to PICCOA.
 Dinner is a suggested donation of \$3.00 for seniors 60 years and older.
 The meal cost is \$6.00 per person under 60.

Congregate meals being served at the Onaway Center

Sunday:
 Soup at Noon, Meal at 1 pm

Monday - Thursday:
 Soup at 4pm, Meal at 4:30 pm

MONDAY HDM		WEDNESDAY HDM		Thursday hot meal + weekend frozen meals
Cold Meals	Hot Meals	Cold Meals	Hot Meals	
SUN	MON	TUE	WED	THU
1 --Closed-- 	2 Ham Sweet Potato 3-Bean Salad Mixed Vegetables Tossed Salad Plums	3 Beef Stroganoff Noodles Peas Beets Pineapple	4 Beef Stew Corn Green Beans Applesauce	5 Fish Rice Far East Blend Broccoli Tropical Fruit
8 Pork Steak Parsley Potatoes Brussels Sprouts Ambrosia Salad	9 Sloppy Joe w/ Bun Oven Brown Potatoes Cauliflower Apricots	10 Rustic Italian Chicken Red Skin Potatoes, Carrots Tossed Salad Tropical Fruit	11 Meatloaf Seasoned Rice Green Beans Applesauce	12 Swiss Steak Mashed Potatoes Peas Tossed Salad Mixed Fruit
15 Baked Chicken Scalloped Potatoes, Corn Tossed Salad Pears	16 Cabbage Roll Boiled Potatoes Baked Beans Mixed Fruit	17 Fish Boiled Potatoes Beets Tossed Salad Apricots	18 Ham Potatoes Carrots Peas Tropical Fruit	19 Pork Steak Wax Beans Oven Brown Potatoes Applesauce
22 Beef Roast Mashed Potatoes/ Gravy, Beets Tossed Salad Tropical Fruit	23 Country Fried Steak Potatoes Carrots Mixed Fruit	24 Honey Mustard Chicken Redskin Potatoes Far East Blend Cherries	25 --Closed-- 	26 --Closed--
29 Baked Ham Boiled Potatoes Baked Beans Pineapple	30 Swiss Steak Beets Parsley Potatoes Applesauce	31 --Closed-- Staff meeting	1 --Closed-- 	2 --Closed--



Congregate meals served Sunday - Thursday
Closed Friday & Saturday

All meals served with bread, margarine and milk according to guidelines.
 Menu subject to change due to food availability.

Rygwelski's IGA
Finest Homemade Sausage
IGA Table-rite Meats
 495 South First Street, Rogers City
 1-888-KABASA
 734-3248

PICCOA December Menu