



PICCOA December 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

Monday-Thursday Congregate

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

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

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

(*) Denotes a substituted item




Sunday

Monday

Tuesday

Wednesday

Thursday

| | | | | |
|---|--|---|---|---|
|  | | 1 Cook's Choice | 2 Italian Baked Chicken Parsley Egg Noodles Peas and Carrots Pineapple Wheat Bread Salad Bar | 3 Country Fried Steak Mashed Potatoes Green Beans Mixed Fruit Biscuit |
| 6 Beef Roast Mashed Potatoes Corn Baked Apples Dinner Roll Deluxe Salad Bar | 7 BBQ Pork Roasted Potatoes California Blend Mandarin Oranges Wheat Bread | 8 Pepper Steak Over Rice Green Beans Carrots Diced Pears Cornbread | 9 Chicken Parmesan Over Noodles Asparagus Apricots Dinner Roll Salad Bar | 10 Meatloaf Mashed Potatoes Broccoli & Cauliflower Peaches Wheat Bread |
| 13 Baked Chicken Mashed Potatoes Green Beans Tropical Fruit Dinner Roll Deluxe Salad Bar | 14 Polish Sausage Sauerkraut Boiled Potato Mixed Vegetable Plums Wheat Bread | 15 —CLOSED— Staff Training | 16 Pork Chops Wild Rice Northwest Blend Applesauce Biscuit Salad Bar | 17 Ginger BBQ Chicken Parsley Potatoes Succotash Blend Pineapple Cornbread |
| 20 Baked Ham Mashed Potatoes Carrots Fresh Fruit Dinner Roll Deluxe Salad Bar | 21 Beef Stroganoff Over Noodles Squash & Zucchini Pineapple Biscuit | 22 Pork Tenderloin Mashed Sweet Potatoes Winter Blend Cinnamon Apples Wheat Bread | 23 Garden Citrus Chicken Sweet Potato Fries California Blend Mixed Fruit Wheat Bread Salad Bar | 24 Closed  |
| 27 Roasted Turkey Au Gratin Potatoes Brussel Sprouts Fresh Fruit Dinner Roll Deluxe Salad Bar | 28 Salisbury Steak Mushroom Gravy Mashed Potatoes Broccoli Hot Peach Delight Wheat Bread | 29 Chicken Pot Pie Wax Beans Carrots Apricots Biscuit | 30 Lasagna Italian Green Beans Fresh Fruit Dinner Roll Salad Bar | 31 Closed  |




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.

December 2015

PICCOA Activities

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|--|---|---|--|---|-----|
|  | | 1 Onaway Birthday Bingo 2 pm ●————● Exercise Onaway 10 am | 2 Posen Birthday Bingo 2pm ●————● Exercise Onaway 10 am | 3 <i>Next Step Program</i> Posen 3:30 pm ●————● CSFP Senior Commodities | 4 | 5 |
| 6 P.I. Clubhouse Meal 1:00 pm | 7 Cheboygan Bus Trip ●————● <i>Flu Shots</i> Posen 3:30 ●————● Exercise Onaway 10 am | 8 Onaway Bingo 2 pm ●————● Exercise Onaway 10 am | 9 Posen Bingo 2pm ●————● Exercise Onaway 10 am | 10 <i>Osteoarthritis</i> Posen 3:30 pm ●————● Exercise Onaway 10 am | 11 | 12 |
| 13 | 14 Onaway/ Posen 5 meal draw ●————● Exercise Onaway 10 am | 15 —Closed— Staff Training | 16 Posen Bingo 2pm ●————● Exercise Onaway 10 am | 17 <i>Stigma of Mental Health</i> Posen 3:30 pm ●————● Exercise Onaway 10 am | 18 Alpena Bus Trip | 19 |
| 20 | 21 Exercise Onaway 10 am | 22 Onaway Bingo 2 pm ●————● Exercise Onaway 10 am | 23 Posen Bingo 2 pm ●————● Exercise Onaway 10 am | 24 —Closed—  | 25 | 26 |
| 27 Onaway/ Posen 5 meal draw | 28 Exercise Onaway 10 am | 29 Onaway Bingo 2 pm ●————● Exercise Onaway 10 am | 30 Posen Bingo 2 pm ●————● Exercise Onaway 10 am | 31 —Closed— |  | |

