



# Presque Isle Co. Council on Aging Menu



## Revised Menu - March 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Menu subject to change due to availability of food. Weekday Meals 5:00 Soup at 4:30 Sunday Meal Onaway 1:00 Soup Salad & Dessert Bar 12-12:45 Posen Meal 4:00 Soup Salad & Dessert 3-3:45 \$1.00 Extra with Sunday Meal

Roast Beef 6 Boiled Potatoes Gravy Carrots Pears	Hamburger 7 Stroganoff Mixed Vegetables Noodles Coleslaw Pineapple	Swiss Steak 1 Oven Brown Potatoes Carrots Plums Coleslaw	Swedish Meatballs 2 Noodles Broccoli Applesauce Carrot Raisin Salad	Pork Steak 3 AuGratin Potatoes Beets Tropical Fruit		
Turkey 13 Mashed Potatoes/ Gravy Carrots Cranberries Tossed Salad	Goulash 14 Peas & Carrots Apricots Carrot / Raisin Salad	BBQ Pork 8 Mashed Potatoes/ Gravy Peas Peaches	Ash 9 Wednesday Baked Fish Baked Potato Mixed Veg. Fruit Salad Cole Slaw	Chicken Breast 10 Seasoned Rice Green Beans Tropical Fruit Tossed Salad		
Pork Roast 20 Boiled Potatoes Gravy Beets Strawberries	Chicken 21 Pot Pie Green Beans Peaches	Meatloaf 15 Mashed Potatoes Gravy Wax Beans Peaches	Breaded 16 Pork Chops Boiled Potatoes Gravy Calif. Blend Applesauce Coleslaw	Corn Beef 17 Cook's Choice		
Crispy 27 Chicken W/&D Mashed Potatoes Gravy Baked Beans Pineapple	Swiss Steak 28 Boiled Potatoes Gravy Carrots Mixed Fruit	Fish 22 Noodles Broccoli Coleslaw Applesauce	Salisbury 23 Steak Mashed Potatoes Beets Pineapple	Hamburger 24 on Bun American Fries Winter Blend Pears		
		Ham Boiled 29 Dinner Mandarin Oranges	Sweet-Sour 30 Meatballs Potatoes Mixed Veg. Pears Tossed Salad	Country Fried 31 Steak American Fries Peas & Carrots Tropical Fruit		

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Federal and State Dollars only cover a portion of the cost of meals. Donations are important to PICCOA. Dinner is a suggested donation of \$2.50 under 60 \$5:00 PICCOA appreciates your support.  
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