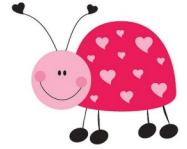


# PICCOA FEBRUARY MENU



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 Honey Mustard Pork Tenderloin Parsley Noodles Corn Wheat Bread	2 Sloppy Joe Oven Roasted Potatoes Caribbean Veggies Mandarin Oranges	3 Country Fried Steak Mashed Potato Peas & Carrots Apricots Dinner Roll
6 Cabbage Rolls Red Bliss Potatoes Carrots Applesauce	7 Salisbury Steak Mashed Potatoes w/ Gravy Brussel Sprouts Peaches	8 Chicken ala King Egg Noodles Green Beans Mandarin Oranges Biscuit	9 Baked Ham Sweet Potatoes Cauliflower Mixed Fruit	10 Chicken Tenders Macaroni & Cheese Winter Blend Veggies Apple Slices
13 BBQ Chicken 1/4's Brown Rice Broccoli Peaches	14 Biscuits & Sausage Gravy Hashbrowns Broccoli Fruit Cocktail	15 Meatloaf Baked Potato California Veggies Mandarin Oranges	16 Italian Baked Chicken Buttered Noodles Carrots Fruit Cocktail	17 Cod Nuggets Potato Wedges Zucchini Cinnamon Applesauce
20 Lasagna Peas & Pearl Onions Cauliflower Pineapple	21 Tex-Mex Casserole Side Salad Stewed Tomatoes Grapes	22 Chicken & Vegetable Stir-fry White Rice Broccoli Pineapple	23 Cheese Ravioli w/ Sauce Zucchini & Summer Squash Cauliflower	24 Chicken & Dumplings Peas & Carrots Peaches Wheat Bread
27 Beef Roast Mashed Potatoes w/ Gravy Yellow Squash Pears Dinner Roll	28 Chicken Parmesan Broccoli Fruit Cocktail Wheat Bread			<b>P.I. Clubhouse Meal—Feb. 13th</b> Baked Ham Mashed Sweet Potatoes Cauliflower

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.**