



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

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

Congregate Only	HDM		HDM Hot Meals + Weekend Colds	
	Hot Meals	Hot Meals	Hot Meals	Hot Meals + Weekend Colds
SUN	MON	TUE	WED	THU
1 Pot Roast Baked Potato Sour Cream & Chive California Veggie Blend Salad Bar Mix Melon Salad Roll 5 - 1	2 Garden Citrus Chicken Rosemary Roasted Potatoes Broccoli Peaches Bread 2 - 2	3 Meatloaf Mashed Potatoes Gravy Mixed Vegetables Sweet Cherries Bread 1 - 4	4 Tenderloin Tips with Wild Rice Vegetable Blend Plums Salad Bar Bread 3 - 7	5 Lasagna Green Beans Corn Cinnamon Apples Bread Stick 4 - 5
8 Breaded Pork Potato Wedges Spinach Fresh Fruit Salad Bar Corn Bread 4 - 4	9 Honey Balsamic Chicken, Baked Potato Sour Cream & Chive Zucchini & Squash Pears Bread 5 - 7	10 Country Fried Steak Oven Baked Potatoes Green Beans Applesauce Roll 2 - 7	11 Oven Baked Fish French Fries Peas & Pearl Onions Fresh Grapefruit Salad Bar Bread 4 - 6	12 Grilled Sweet & Sour Beef Brown Rice California Blend Mixed Vegetables Fresh Fruit, Bread 5 - 6
15 Turkey Tetrizzini Lima Beans Capri Veggie Blend Fresh Fruit Salad Bar Biscuit 3 - 6	16 Sweet & Sour Meatballs w/noodles Vegetable Blend Green Peas Orange Wedges Bread 3 - 2	17 Breaded Pork Tenderloin Roasted Potatoes Asparagus Apricots Bread 1 - 3	18 Crispy Lemon Chicken Parsley Noodles Green Peas Mixed Vegetables Mandarin Oranges Salad Bar Bread 2 - 4	19 Pepper Steak Brown Rice Northwest Veg Blend Pears Corn Bread 1 - 7
22 Pork Roast Baked Potato Carrots Fresh Fruit Cup Sour Cream & Chives Salad Bar Bread 2 - 3	23 Veal Picata w/ Noodles Sicilian Blend- Mixed Vegetables Baked Apples Roll 2 - 1	24 Baked Chicken Cinnamon Maple Squash Vegetable Blend Apricots Bread 3 - 1	25 Lemon Baked Fish Oven Roasted Potato Beets Salad Bar Watermelon Bread 3 - 5	26 Cabbage Rolls Oven Baked Potatoes Mixed Vegetables Plums Bread 2 - 6
				

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.

Onaway Center: (989) 733-2559

Posen Center: (989) 766-8191

February 2015

PICCOA Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Cheboygan Bus Trip  Exercise Onaway 10 am	3 Onaway Birthday Bingo 2 pm ●————● Exercise Onaway 10 am	4 Posen Birthday Bingo 2 pm ●————● Exercise Onaway 10 am	5 Exercise Onaway 10 am	6	7
8 Al Kamyszek Variety Band Posen 2 pm 	9 Board Meeting Onaway 10 am	10 Exercise Onaway 10 am	11 Exercise Onaway 10 am	12 Senior Commodities Onaway 9-10 Posen 12-12:30 ●————● TEFAP 9—noon	13	14  HAPPY VALENTINES DAY!!!
15 P.I. Clubhouse meal 1:00pm	16  Exercise Onaway 10 am	17 Onaway Bingo 2 pm ●————● Exercise Onaway 10 am	18 Posen Bingo 2pm ●————● Blood pressure clinic Onaway 3pm ●————● Exercise Onaway 10 am	19 Onaway/ Posen 5 meal draw ●————● Exercise Onaway 10 am	20 Alpena Bus Trip	21
22 Onaway/ Posen 5 meal draw	23 Exercise Onaway 10 am	24 Onaway Bingo 2 pm ●————● Exercise Onaway 10 am	25 Posen Bingo 2 pm ●————● Exercise Onaway 10 am	26 Exercise Onaway 10 am	27	28

Groundhog Day

Old Groundhog stretched in his leafy bed.
He turned over slowly and then he said,
"I wonder if spring is on the way,
I'll go and check the weather today.
If I see my shadow between eleven and noon,
I then will know that I'm out too soon.

I'll crawl back in bed for six weeks more,
Pull up the warm covers and snore and snore.
But if no shadow gives me a scare,
I know that spring is in the air.
I'll wake my friends and wish them cheer,
With glorious news that spring is here."

—Author Unknown