



PICCOA JANUARY 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

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

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

Monday-Thursday Congregate

Onaway Center: Soup at 3 pm, Meal at 4:30 pm

Posen Center:: Soup at 3 pm, Meal at 4:30 pm

Sunday	Monday	Tuesday	Wednesday	Thursday
	1 Closed	2 Salisbury Steak Green Beans Mashed Potatoes w/ Gravy Tropical Fruit Wheat Bread	3 Lemon Pepper Chicken Wild Rice Carrots Plums Wheat Bread	4 Spaghetti Wax Beans Corn Diced Peaches Breadsticks
7 Pork Roast Mashed Potatoes w/ Gravy Carrots Applesauce Dinner Roll	8 Baked Cod O'Brien Potatoes Succotash Blend Pineapple Wheat Bread	9 Meatloaf Mashed Potatoes w/ Gravy Green Beans Stewed Tomatoes Diced Peaches Wheat Bread	10 Chicken Pot Pie Wax Beans Diced Beets Mandarin Oranges Dinner Roll	11 Pork Pattie Oven Browns Carrots Apricots Wheat Bread
14 Baked Chicken 1/4's Mashed Potatoes w/ Gravy Mixed Vegetables Tropical Fruit Dinner Roll	15 Country Fried Steak Mashed Potatoes w/ Gravy Green Beans Plums Biscuit	16 Chicken Pasta Bake Diced Beets Corn Fruit Cocktail Wheat Bread	17 Swedish Meatballs w/ Egg Noodles Mixed Vegetables Diced Peaches Dinner Roll	18 Kielbasa Sauerkraut Boiled Redskins Carrots Mandarin Oranges Wheat Bread
21 Beef Roast Mashed Potatoes w/ Gravy Peas & Carrots Mandarin Oranges Pineapple Dinner Roll	22 Chicken Parnesan Spaghetti Diced Beets Corn Fruit Cocktail Dinner Roll	23 Baked Cod Oven Browns Green Beans Pineapple Wheat Bread	24 Open Face Turkey Sandwich Stuffing Wax Beans Apricots	25 Beef Stroganoff Egg Noodles Cauliflower Applesauce Dinner Roll
28 Lasagna Green Beans Carrots Fruit Cocktail Dinner Roll	29 Sweet & Sour Chicken White Rice Wax Beans Pineapple Wheat Bread	30 Boiled Dinner Ham Potatoes Carrots Cabbage Diced Peaches Wheat Bread	31 Chicken Pattie On Bun Tater Tots Baked Beans Peaches & Pears	

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.