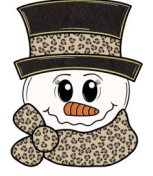


PICCOA JANUARY MENU



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 CLOSED 	2 Chicken Potato Broccoli Casserole Green Beans Fruit Cocktail	3 Meatloaf Baked Potato California Blend Veggies Mandarin Oranges	4 Italian Baked Chicken Breast Buttered Noodles Peas Mixed Fruit	5 Baked Cod Potato Wedges Zucchini Cinnamon Applesauce
8 Lasagna Peas & Pearl Onions Pineapple	9 Beef Fajitas Side Salad Tropical Fruit	10 Chicken & Vegetable Stir-fry White Rice Broccoli Pears	11 Cheese Ravioli w/ Sauce Zucchini & Summer Squash Applesauce	12 Chicken & Dumplings Peas & Carrots Peaches Wheat Bread
15 Beef Roast Mashed Potatoes w/ Gravy Yellow Squash Pears	16 Chicken Parmesan Carrots Fruit Cocktail Wheat Bread	17 Breaded Pork Chops Mashed Potatoes Green Beans Apricots	18 Swedish Meatballs Egg Noodles Peas & Carrots Applesauce	19 Goulash California Blend Veggies Peaches
22 Hot Turkey Sandwich Mashed Potatoes Carrots Mixed Fruit	23 Breakfast Bake Stewed Tomatoes Tropical Fruit	24 Herbed Pork Loin Parsley Noodles Corn Pineapple Wheat Bread	25 Sloppy Joe Oven Roasted Potatoes Caribbean Veggies Mandarin Oranges	26 Country Fried Steak Mashed Potatoes w/ Gravy Peas & Carrots Apricots
29 Cabbage Rolls Red Bliss Potatoes Broccoli Applesauce	30 Salisbury Steak Mashed Potatoes w/ Gravy Brussel Sprouts Peaches	31 Chicken ala King Green Beans Mandarin Oranges Biscuit	Country Fried Steak Mashed Potatoes w/ Gravy Peas & Carrots Apricots Dinner Roll	Chicken Tenders Mac & Cheese Winter Blend Veggies Apple Slices

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.