



PICCOA JULY 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 10 am the day of.

Posen Center @ 989-766-8191 or Onaway Center @ 989-733-2559.

Sunday Dine-In or Pick-Up:

1:00 pm – 2:00 pm

Monday and Wednesday Pick-Up Only:

4:00 pm – 4:30 pm

Tuesday and Thursday Dine-In or Pick Up:

4:00 pm – 4:30 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
 <h2 style="font-size: 2em;">Happy 4th of July!</h2> 				1 Country Fried Steak w/ Gravy Mashed Potatoes Peas & Carrots Grapes
4  CLOSED	5 Baked Ham Mashed Potatoes Sautéed Red Cabbage Tropical Fruit	6 Crunchy Baked Ranch Chicken Buttered Noodles California Blend Veggies	7 Tuna Salad Sandwich Broccoli Tomato and Cucumber Salad Pears	8 Beef Tips Egg Noodles Green Beans Peaches Wheat Bread
11 Roast Beef Mashed Potatoes w/ Gravy Roasted Yellow Squash Pears Dinner Roll	12 Baked Spaghetti Corn Fruit Cocktail	13 Pulled Pork Sandwich Brown Rice Green Beans Applesauce	14 Beef Tacos Spanish Rice Peaches	15 Baked Lemon Pepper Chicken Roasted Potatoes Brussel Sprouts Cantaloupe
18 Roasted Turkey Red Bliss Potatoes Asparagus Peaches Dinner Roll	19 Cheese Ravioli w/ Sauce Roasted Zucchini Pears	20 Chicken Alfredo Winter Blend Veggies Pineapple	21 Baked Cod Parsley Noodles Broccoli Apples	22 Baked Chicken Breast Wild Rice Mixed Veggies Mixed Fruit
25 BBQ Chicken 1/4's Red Bliss Potatoes Peas & Carrots Apricots	26 Pork Tenderloin Mashed Potatoes w/ Gravy Green Beans Applesauce	27 Pepperoni Pizza Tossed Salad Brussel Sprouts Mandarin Oranges	28 Chicken Tenders Brown Rice Carrots Pears	29 Stuffed Baked Potatoes Corn Sliced Apples Wheat Bread

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.