

July Menu

Federal and state grants cover only a portion of the meals we provide.
 Donations are important to PICCOA.
 Dinner is a suggested donation of \$2.50 for seniors 60 years and older. The meal cost is \$5.00 per person under 60.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Crispy chicken, mashed potatoes, broccoli, pineapple	2 Swiss steak, boiled potatoes, carrots mixed fruit	3 Ham boiled dinner, mandarin oranges	4 Closed for 4th of July	5 Closed for 4th of July	6 Closed for 4th of July	Menu cycle weeks 11-2; menu subject to change due to food availability.
8 Fish, baked potatoes, beets, applesauce	9 Salisbury steak, noodles, peas & carrots, tossed salad, peaches	10 Crispy chicken, rice, corn, carrot/raisin salad, mandarin oranges	11 Cabbage rolls, oven browned potatoes, carrots, pears	12 Cook's Choice!	13	All meals served with bread, margarine and milk according to guidelines.
15 Roast beef, mashed potatoes, California blend, peaches	16 BBQ pork, mac & cheese, green beans, carrot/raisin salad, plums	17 Hot turkey sandwiches, mashed potatoes, carrots, pears	18 Closed for Staff Training	19 Cheeseburger macaroni, corn, tossed salad, mixed fruit	20	Weekdays soup at 4pm meal at 4:30pm Sundays in Onaway soup at Noon meal at 1pm
22 Baked chicken, mashed potatoes, summer blend, tropical fruit	23 Spaghetti/meat sauce, broccoli, tossed salad, apricots	24 Pork steak, scalloped potatoes, wax beans, applesauce	25 Beef stroganoff, noodles, beets, tossed salad, strawberries	26 Sausage, boiled potatoes, sauerkraut, carrots, peaches	27	Sundays in Posen soup, salad & desert 3pm meal at 4pm
29 Pork roast, parsley potatoes, green beans, pineapple	30 Swiss steak, noodles, corn, plums	31 Chicken tenders, oven browned potatoes, mixed veggies, fruit cocktail				Soup, salad & dessert bar sold for an additional \$1.00 with meal only.

Rygwelski's IGA
Finest Homemade Sausage
IGA Table-rite Meats
 495 South First Street, Rogers City
 1-888-KABASA 989-734-3248

Tom's Family Market & Deli
Best meat and produce in town!
Deliveries made daily!
 29579 State Street — Onaway
 989-733-8229
PHARMACY NOW OPEN MONDAY-FRIDAY 989-733-4106