

Federal and state grants cover only a portion of the meals we provide. Donations are important to PICCOA.
 Dinner is a suggested donation of \$3.00 for seniors 60 years and older.
 The meal cost is \$6.00 per person under 60.

Congregate meals being served 5 days a week at both centers

Soup at 4 pm, Meal at 4:30 pm

Sundays in Onaway:

Soup at Noon, Meal at 1 pm

Sundays in Posen:

Soup & dessert at 3:30 pm, Meal at 4 pm

AVAILABLE FOR MONDAY DELIVERY ONLY		AVAILABLE FOR WEDNESDAY DELIVERY ONLY		Thursday hot meal and week-end frozen meals
Delivered Cold	Delivered Hot	Delivered Cold	Delivered Hot	
SUN	MON	TUE	WED	THU
	1 Cabbage Roll Boiled Potatoes Baked Beans Peaches	2 Fish Hash Brown Potatoes, Beets Tossed Salad Apricots	3 Boiled Dinner Cabbage Carrots Tropical Fruit	4 Holiday CLOSED
7 Beef Roast Mashed Potatoes/Gravy Beets Tossed Salad Tropical Fruit	8 Meatloaf Potatoes Carrots Mixed Fruit	9 Honey Mustard Chicken Far East Blend Corn Cherries Dinner Roll	10 Spaghetti Meat Sauce Noodles Green Beans Peas and Carrots Peaches Bread Sticks	11 Beef Stew Beets Tossed Salad Fresh Fruit Biscuit
14 Baked ham Boiled Potatoes Baked Beans Pineapple Tidbits Dinner Roll	15 BBQ Pork Brussel Sprouts Corn Fruit Salad	16 Swiss Steak Beets Parsley Potatoes Applesauce	17 Chicken Pot Pie Peas Carrots Peaches Biscuit	18 Lasagna Oven Brown Potatoes Green Beans Tossed Salad Fresh Fruit Bread Sticks
21 Pork Steak Potatoes Spinach Applesauce Dinner Roll	22 Fish Seasoned Rice Corn Tossed Salad Fresh Fruit	23 Baked Ravioli California Blend Green Beans Fresh Fruit	24 Cabbage Rolls Potatoes Mixed Vegetables Plums	25 Baked Chicken Mashed Potatoes/Gravy Winter Blend Cherries
28 Pork Roast Red Skin Potatoes Winter Blend Mixed Fruit Dinner Roll	29 BBQ Chicken Sweet Potatoes Spinach Mandarin Oranges Corn Bread	30 Swedish Meatballs Noodles Lima Beans Carrots Apricots	31 Goulash Green Beans Corn Pears Bread Sticks	

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

Meals served
Sunday—Thursday
Closed Fridays & Saturdays.

All meals served with bread, margarine and milk according to guidelines.
 Menu subject to change due to food availability.

Tom's Family Market & Deli
Best meat and produce in town!
Deliveries made daily!
 20597 State Street
 Onaway
 989-733-8229
 PHARMACY OPEN
 MONDAY-FRIDAY
 989-733-4106

PICCOA July Menu