



# PICCOA July 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

Both Centers: Soup at 3 pm, Meal at 4:30 pm

(\*) Denotes a substituted item

### Sunday

Congregate Only

### Monday

HDM Hot

### Tuesday

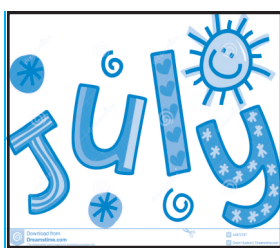
HDM Hot

### Wednesday

HDM Hot  
& Weekend Cold

### Thursday

HDM Hot  
& Weekend Cold



**1** Spaghetti w/Meatballs  
Grilled Asparagus  
Corn  
Orange Wedges  
Salad Bar  
Bread Sticks

**2** **!We Be Grillin'!**  
Burgers & Dogs  
(with all the fixings!)  
Baked Beans  
Potato Salad  
Fresh fruit & Bun

**5** **CLOSED**  
*happy 4th of JULY!*

**6** Breaded Pork  
Roasted Potatoes  
Vegetable Blend  
Apricots  
Bread

**7** BBQ Chicken  
Roasted Potatoes  
Vegetable Blend  
Mixed Fruit  
Bread

**8** Lasagna  
Green Beans  
Corn  
Cinnamon Apples  
Salad Bar  
Bread Stick

**9** Taco Bar  
Spanish Rice  
Asparagus  
Pico De Gallo  
Fresh Fruit  
Sour Cream  
Tortilla

**12** Pot Roast  
Mashed Potatoes  
Vegetable Blend  
Deluxe Salad Bar  
Fresh Fruit  
Roll

**13** Grilled Chicken  
Baked Potato  
Vegetable Blend  
Sour Cream &  
Fresh Chives  
Pears & Corn Bread

**14** Meatloaf  
Mashed Potatoes  
Green Beans  
Peaches  
Biscuit

**15** BBQ Pork Riblette  
Potatoes Wedges  
Vegetable Blend  
Pineapple  
Salad Bar  
Bread

**16** *Maxine's Homemade*  
*Cabbage Rolls*  
Baked Potato  
Carrots  
Fresh Fruit  
Roll

**19** Pork Roast  
Mashed Potatoes  
Vegetable Blend  
Fresh Fruit  
Deluxe Salad Bar  
Roll

**20** Pepper Steak  
Brown Rice  
Northwest Veg Blend  
Pears  
Bread

**21** Sandwich Bar  
(Cold Cuts)  
Baked Beans  
Potato Salad  
Fresh Fruit  
Choice of Bread

**22** Pork Chop Supreme  
O'Brien Potatoes  
Vegetable Blend  
Mixed Fruit  
Salad Bar  
Corn Bread

**23** Chicken Parmesan  
w/ Spaghetti Noodles  
Sicilian Vegetables  
Corn  
Baked Apples  
Bread Sticks 2-1

**26** Baked Turkey  
Mashed Potatoes  
Vegetable Blend  
Pineapple  
Deluxe Salad Bar  
Roll

**27** Country Fried Steak  
Mashed Potatoes  
Mixed Vegetables  
Applesauce  
Biscuit

**28** Goulash  
Corn  
Green Beans  
Mixed fruit  
Bread Stick

**29** Baked Chicken  
Sweet Potatoes  
Grilled Asparagus  
Fresh Fruit  
Salad Bar  
Bread

**30** **Cook's**  
**Choice**  
**TBA**




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.**

# July 2015

## PICCOA Activities

SUN	MON	TUE	WED	THU	FRI	SAT
			<b>1</b> Posen Birthday Bingo 2 pm  Exercise Onaway 10 am	<b>2</b> Caregiver Burnout! 3:30-Posen Center  Exercise Onaway 10 am		<b>4</b> 
<b>5</b> Closed for the Holiday!	<b>6</b> Cheboygan Bus Trip  Exercise Onaway 10 am	<b>7</b> Onaway Birthday Bingo 2 pm  Exercise Onaway 10 am	<b>8</b> Posen Bingo 2pm  Exercise Onaway 10 am	<b>9</b> Senior Commodities Onaway 9-10 Posen 12-12:30  Exercise Onaway 10 am		
<b>12</b> Music by Dan & Dave String Duo —Posen 2pm	<b>13</b> Onaway/Posen 5 meal draw  Exercise Onaway 10 am	<b>14</b> Onaway Bingo 2 pm  Exercise Onaway 10 am	<b>15</b> Posen Bingo 2pm  Exercise Onaway 10 am	<b>16</b> Finding your Balance 3:30 –Posen  Exercise Onaway 10 am	<b>17</b> Alpena Bus Trip	<b>18</b>
<b>19</b> P.I. Clubhouse meal 1:00pm  Al Kamyszek Variety Band-Posen 2pm	<b>20</b>  Exercise Onaway 10 am	<b>21</b> Onaway Bingo 2 pm  Exercise Onaway 10 am	<b>22</b> Posen Bingo 2 pm  Exercise Onaway 10 am	<b>23</b>  Exercise Onaway 10 am	<b>24</b>	<b>25</b>
<b>26</b> Onaway/Posen 5 meal draw	<b>27</b>  Exercise Onaway 10 am	<b>28</b> Onaway Bingo 2 pm  Exercise Onaway 10 am	<b>29</b> Posen Bingo 2pm  Exercise Onaway 10 am	<b>30</b>	<b>31</b>	