



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 **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
3  CLOSED	4  CLOSED	5 Chef Salad Hard Boiled Egg Fresh Cauliflower Apple Slices	6 Sweet & Sour Meatballs White Rice Broccoli Honeydew Melon	7 Honey Garlic Chicken Breast Mashed Potatoes Carrots Mixed Fruit
10 Roasted Turkey Red Bliss Potatoes Peas Peaches Dinner Roll	11 Baked Ham Mashed Potatoes Carrots Tropical Fruit	12 Tuna Salad Sandwich Broccoli Tomato & Cucumber Salad Pears	13 Crunchy Ranch Chicken Breast Buttered Noodles California Blend Veggies Apple Slices	14 Beef Tips Egg Noodles Green Beans Peaches Wheat Bread
17 Beef Roast Mashed Potatoes w/ Gravy Yellow Squash Pears Dinner Roll	18 Spaghetti w/ Meatballs Carrots Fruit Cocktail	19 Lemon Pepper Chicken Breast Red Bliss Potatoes Brussel Sprouts Cantaloupe	20 Baked Cod Parsley Noodles Garden Seasoned Broccoli Peaches	21 Country Fried Steak Mashed Potatoes w/ Gravy Peas & Carrots Tropical Fruit
24 Salisbury Steak Mashed Potatoes w/ Gravy Green Beans Pineapple	25 Chicken Enchiladas Black Beans & Corn Strawberries Mixed Fruit	26 Meatloaf Baked Potato Carrots Pears	27 Pulled Pork Sandwich Brown Rice Green Beans Applesauce	28 Italian Baked Chicken Oven Roasted Potatoes Winter Blend Veggies Fresh Melon
31 BBQ Chicken 1/4's Red Bliss Potatoes Peas & Carrots Apricots				P.I. Clubhouse Meal—July 10th Roast Beef Mashed Potatoes Yellow Squash

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.