



# 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

Onaway Center: Soup at 3 pm, Meal at 4:30 pm.

Posen Center: Soup at 3 pm, Meal at 4:30 pm.

Sunday	Monday	Tuesday	Wednesday	Thursday
2 <b>4th of July Dinner</b> BBQ Pork on Bun Roasted Potatoes Corn Strawberries	3 Fish on Bun Tater Tots California Blend Mixed Fruit	4 <b>Closed</b> Fourth of July	5 Oven Fried Chicken Potato Medley Dill Cucumbers Apricots Wheat Bread	6 Beef Tips Noodles Asparagus Pears Dinner Roll
9 Spaghetti w/ Meat Sauce Broccoli Mixed Melon Bread Sticks	10 Chicken Gyro Pickled Beets Apricots Flat Bread	11 Pork Pattie Wild Rice Carrots Mixed Fruit Cornbread	12 Max's Cabbage Rolls Boiled Potatoes French Style Green Beans Peaches Dinner Rolls	13 Ham and Cheese Sub Brussel Sprouts Sweet Potato Fries Tropical Fruit
16 Beef Roast Mashed Potatoes w/ Gravy Broccoli Deluxe Salad Bar Mixed Melon Dinner Roll	17 Smothered Pork Chops Oven Brown Potatoes Scandinavian Blend Mandarin Oranges Dinner Roll	18 Lemon Pepper Chicken Rice Beets Pears Wheat Bread	19 Taco Spanish Rice Asparagus Tropical Fruit	20 Country Fried Steak Mashed Potatoes w/ Gravy Carrots Diced Peaches Biscuit
23 Lasagna Prince Charles Blend Beets Watermelon Breadstick	24 Meatloaf Boiled Potatoes Corn Tropical Fruit Wheat Bread	25 Baked Cod Tater Tots Green Beans Mandarin Oranges Wheat Bread	26 Hamburger w/ Bun Mac & Cheese Beets Watermelon	27 Chicken Parmesan w/ Spaghetti Brussel Sprouts Apricots Dinner Roll
30 Pork Roast Mashed Potatoes w/ Gravy California Blend Deluxe Salad Bar Applesauce Dinner Roll	31 Chicken Ranch Wrap French Fries Winter Blend Peaches			

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.