



# PICCOA March Menu



## Sunday:

Posen  
Soup at 3 pm,  
Meal at 4:00 pm

Onaway  
Soup at Noon  
Meal at 1:00 pm

## Monday - Thursday:

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

MONDAY HDM		WEDNESDAY HDM		Thursday hot meal + weekend frozen meals
Cold Meals	Hot Meals	Cold Meals	Hot Meals	
SUN	MON	TUE	WED	THU
2 Pork Steak Potatoes Peas Applesauce	3 Fish Rice Corn Tossed Salad Mixed Fruit	4 Baked Ravioli California Blend Green Beans Tropical Fruit	Cabbage Rolls Potatoes Mixed Vegetables Plums	6 Baked Chicken Mashed Potatoes/Gravy Winter Blend Cherries
9 Pork Roast Red Skin Potatoes Green Beans Mixed Fruit	10 BBQ Chicken Sweet Potatoes Mixed Vegetables Mandarin Oranges	11 Swedish Meatballs/Noodles Lima Beans Carrots Apricots	12 Goulash Green Beans Corn Pears	13 Sloppy Joe Oven Brown Potatoes Broccoli 3-Bean Salad Plums
16 Baked Turkey Mashed Potatoes/Gravy Green Beans Pineapple Tidbits	17 Corned Beef Cabbage Potatoes Tossed Salad Peaches	18 Sauerkraut Kielbasa Boiled Potatoes Carrots Pears	19 Rustic Chicken Rice Peas Tossed Salad Applesauce	20 Fish Rice Pilaf Corn Pineapple
23 Pot Roast Sour Cream & Chive Potatoes California Blend Cherries	24 Ham Sweet Potato 3-Bean Salad Mixed Veggies Tossed Salad Plums	25 Beef Stroganoff Noodles Peas Beets Pineapple	26 Beef Stew Corn Green Beans Applesauce	27 Lasagna Far East Blend Broccoli Tropical Fruit
30 Pork Steak Parsley Potatoes Brussels Sprouts Ambrosia Salad	31 Sloppy Joe w/ Bun Oven Brown Potatoes Cauliflower Apricots			

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 served Sunday - Thursday**

**Closed Friday & Saturday**

All meals served with bread, margarine and milk according to guidelines.

Menu subject to change due to food availability.

Posen center:  
(989) 766-8191

Onaway center:  
(989) 733-2559