



PICCOA March 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

Monday-Thursday Congregate

Onaway Center: Soup at Noon, Meal at 1:00 pm

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

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

Congregate Only	HDM		HDM Hot Meals + Weekend Colds	
	Hot Meals	Hot Meals	Hot Meals	Hot Meals + Weekend Colds
SUN	MON	TUE	WED	THU
1 Pot Roast Baked Potato Sour Cream & Chive California Veggie Blend Salad Bar Mix Melon Salad Roll 5 - 1	2 Tahitian Chicken Garlic Mashed Potato Caribbean Blend- - Mixed Vegetables Applesauce Salad Roll 4-2	3 BBQ Pork Potato Wedges Spinach Fresh Fruit Salad Bar Corn Bread 4 - 4	4 Country Fried Steak Roasted Red Potatoes Green Beans Applesauce Salad Roll 2 - 7	5 Meatloaf Mashed Potatoes Gravy Mixed Vegetables Sweet Cherries Bread 1 - 4
8 Lasagna Green Beans Corn Cinnamon Apples Bread Stick 4 - 5	9 Ginger-BBQ Chicken Mashed Potatoes Succotash Veg Blend Apricots Biscuit 3-3	10 Cubed Beef Steak White Rice Asparagus Orange Wedges Salad Biscuit 5-4	11 Pork Chop Supreme O'Brien Potatoes Brussel Sprouts Mixed Melon Salad Corn Bread 5-2	12 Goulash Succotash Veg Blend Italian Green Beans Mixed Fruit Bread Stick 1-2
15 Pork Roast Baked Potato Carrots Fresh Fruit Cup Sour Cream & Chives Salad Bread 2 - 3	16 Baked Chicken Roasted Sweet Potato Cauliflower Fresh Fruit Salad Roll 4-7	17 St. Patrick's Day Special Corn beef & Cabbage Dinner	18 Lemon Baked Fish Oven Roasted Potato Beets Watermelon Bread 3 - 5	19 Chicken Parmesan Spaghetti Noodles Sicilian Vegetables Corn Baked Apples Bread Sticks 2 - 1
22 Cabbage Rolls Oven Baked Potatoes Mixed Vegetables Plums Bread 2 - 6	23 Breaded Pork Tenderloin Roasted Potatoes Asparagus Apricots Bread 1 - 3	24 Pepper Steak Brown Rice Northwest Veg Blend Pears Salad Corn Bread 1 - 7	25 Honey Chicken Baked Potato Sour Cream & Chives Green Beans Hot Peaches Delight Bread 3-4	26 Baked Spaghetti Crumb Topped - -Brussel Sprouts Orange Wedges Bread Sticks 4-3
29 Turkey Tetrizzini Lima Beans Capri Veggie Blend Fresh Fruit Salad Bar Biscuit 3 - 6	30 Oven Baked Fish French Fries Peas & Pearl Onions Fresh Grapefruit Bread 4 - 6	31 Baked Chicken Cinnamon Maple Squash Vegetable Blend Apricots Bread 3 - 1	 	

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.

Onaway Center: (989) 733-2559

Posen Center: (989) 766-8191