





# PICCOA

## May Menu

Federal and state grants cover only a portion of the meals we provide.  
 Donations are important to PICCOA.  
 Dinner is a suggested donation of \$2.50 for seniors 60 years and older.  
 The meal cost is \$5.00 per person under 60.

SUN	MON	TUE	WED	THU
			1 Baked Ravioli California Blend Green Beans Cottage Cheese Fresh Apple	2 Meatloaf Wax Beans Creamy Potatoes Tossed Salad Pineapple
5 Baked Turkey French Cut Green Beans Boiled Potatoes Pineapple	6 BBQ Chicken Sweet Potatoes Collard Greens Orange	7 Swedish Meatballs w/Noodles Lima Beans Squash Apricots	8 Goulash Broccoli Florets Corn Pear Halves	9 Chop Suey Rice Asparagus Summer Squash Mandarin Oranges
12 Pork Roast Red Skin Potatoes Northwest Blend Fruit Salad	13 Lasagna Peas & Pearl Onions Cauliflower Plums	14 Chicken Alfredo Spinach Baby Carrots Pears	15 Salisbury Steak Parsley Potatoes Sugar Snap Peas Applesauce	16 Cod Wedge Crispy Cole Slaw Hashbrowns Apricot
19 Pot Roast Sour Cream & Chive Potatoes California Blend Cherries	20 Turkey Burger Sweet Potato Fries 3-Bean Salad Apple	21 Beef Stroganoff Noodles Peas Beets Peach Halves	22 Shepard's Pie Corn French Cut Green Beans Orange	23 Hawaiian Stir-Fry Rice Asparagus Tropical Fruit
26 Country Fried Steak Mashed Potatoes Asian Blend Tropical Fruit	27 Sloppy Joe with Bun Baked Beans Oven Brown Potatoes Apricots	28 Rustic Italian Chicken Baked Potato Parslied Carrots Mango Chunks	29 Pork Chop Boiled Cabbage Squash Applesauce	30 Swiss Steak Rice Peas & Pearl Onions Mixed Fruit

**Meals served**  
**Sunday—Thursday**  
**Closed Fridays**  
**& Saturdays.**

Weekdays (both centers):

Soup at 4 pm  
 Meal at 4:30 pm  
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Sundays in Onaway:

Soup at Noon  
 Meal at 1 pm

Sundays in Posen:

Soup & dessert at 3:30 pm  
 Meal at 4 pm  
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All meals served with bread, margarine and milk according to guidelines.

Menu subject to change due to food availability.

**Rygwelski's IGA**  
*Finest Homemade Sausage*  
*IGA Table-rite Meats*  
 495 South First Street, Rogers City  
 1-888-KABASA      989-734-3248

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*Deliveries made daily!*  
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 PHARMACY OPEN MONDAY-FRIDAY 989-733-4106