



# PICCOA NOVEMBER 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

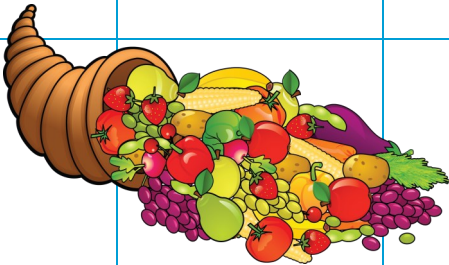

Onaway Center: Soup at Noon, Meal at 1:00 pm

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   |
|---|---|---|--|--|
|                          |   |   |  |  |
|   |   |   | 1 Pork Patties<br>White Rice<br>Carrots<br>Applesauce<br>Wheat Bread                       | 2 Swedish Meatballs<br>Mashed Potatoes<br>w/ Gravy<br>Green Beans<br>Tropical Fruit<br>Dinner Roll           |
| 5 Baked Chicken 1/4s<br>Mashed Potatoes<br>w/ Gravy<br>Prince Charles Veggies<br>Pineapple<br>Dinner Roll | 6 Spaghetti w/<br>Meat Sauce<br>Corn<br>Diced Peaches<br>Breadsticks  | 7 Baked Ham<br>Candied Sweet<br>Potatoes<br>Diced Beets<br>Fruit Cocktail<br>Wheat Bread  | 8 Country Fried Steak<br>Mashed Potatoes<br>w/ Gravy<br>Broccoli<br>Diced Pears<br>Biscuit | 9 Kielbasa &<br>Sauerkraut<br>Boiled Potatoes<br>Mixed Veggies<br>Apricots<br>Wheat Bread                    |
| 12 Beef Roast<br>Mashed Potatoes<br>w/ Gravy<br>Wax Beans<br>Peaches & Pears<br>Dinner Roll               | 13 Baked Cod<br>Tater Tots<br>Coleslaw<br>Plums<br>Wheat Bread        | 14 Swiss Steak<br>Mashed Potatoes<br>w/ Chives<br>Corn<br>Mandarin Oranges<br>Wheat Bread | 15 Chicken Pasta<br>Bake<br>Green Beans<br>Carrots<br>Pineapple<br>Dinner Roll             | 16 Meatloaf<br>Mashed Potatoes<br>w/ Gravy<br>Broccoli<br>Applesauce<br>Wheat Bread                          |
| 19 Open Face Turkey<br>Sandwich<br>Mashed Potatoes<br>w/ Gravy<br>Scandinavian Blend<br>Peaches           | 20 Tomato Soup<br>Grilled Cheese<br>Sandwich<br>Winter Blend<br>Pears | 21 Ginger Chicken<br>Wild Rice<br>Green Beans<br>Mixed Fruit<br>Dinner Roll               | 22 Sloppy Joes<br>w/ Wheat Bun<br>Potato Medley<br>Cauliflower<br>Plums                    | 23<br><br><b>Closed</b> |
| 26 Stuffed Peppers<br>Mixed Veggies<br>Squash<br>Pumpkin Whip<br>Dinner Roll                              | 27 Chicken Patties<br>w/ Wheat Bun<br>Steak Fries<br>Corn<br>Plums    | 28 Spaghetti<br>w/ Meat Balls<br>Corn<br>Spiced Apples<br>Breadsticks                     | 29 Ham & Cheese<br>Frittata<br>Red Skinned<br>Potatoes<br>Winter Blend<br>Apricots         | 30 Salisbury Steak<br>Eggs Noodles<br>w/ Gravy<br>Prince Charles Veggies<br>Pears<br>Wheat Bread             |

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.