



# PICCOA NOVEMBER MENU



Dinner is a suggested *donation* of \$3.00 for seniors **60 years and older**.

The meal cost is \$6.00 per person under 60.




Please call to reserve your meal a day in advance or no later than **12 pm** the day of.

Posen Center @ 989-766-8191 or Onaway Center @ 989-733-2559.



**Sunday Congregate:** Soup and Salad @ 12:30 pm, Dinner @ 1:00 pm

**Monday-Thursday Congregate:** Soup @ 3:30 pm, Dinner @ 4:00 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 Salisbury Steak Mashed Potatoes w/ Gravy Brussel Sprouts Peaches	2 Meatloaf Baked Potato California Veggies Mandarin Oranges	3 Italian Baked Chicken Buttered Noodles Carrots Fruit Cocktail	4 Cod Nuggets Potato Wedges Zucchini Cinnamon Applesauce
7 Lasagna Peas & Pearl Onions Cauliflower Pineapple	8 Tex-Mex Casserole Side Salad Stewed Tomatoes Grapes	9 Chicken & Vegetable Stir-fry White Rice Broccoli Pineapple	10 Cheese Ravioli w/ Sauce Zucchini & Summer Squash Cauliflower	11 Hamburger Stroganoff Egg Noodles Capri Veggies Peaches Wheat Bread
14 Beef Roast Mashed Potatoes w/ Gravy Yellow Squash Pears Dinner Roll	15 Chicken Parmesan Broccoli Fruit Cocktail Wheat Bread	16 Breaded Pork Chops Egg Noodles Green Beans Apricots	17 Sweet & Sour Meatballs White Rice Sautéed Red Cabbage Applesauce	18 Goulash California Blend Veggies Peaches
21 Hot Turkey Sandwich On Wheat Bread Mashed Potatoes Carrots	22 Bacon Frittata Stewed Tomatoes Tropical Fruit Biscuit	23 Honey Mustard Pork Tenderloin Parsley Noodles Corn Wheat Bread	24 Thanksgiving Dinner	25 <b>CLOSED</b>  Happy Thanksgiving!
28 Cabbage Rolls Red Bliss Potatoes Carrots Applesauce	29 Biscuits & Gravy Hashbrowns Garden Seasoned Broccoli Fruit Cocktail	30 Chicken ala King Egg Noodles Green Beans Mandarin Oranges Biscuit	<b>November P.I. Clubhouse Meal:</b> BBQ Chicken 1'4's Brown Rice Broccoli	

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.**