



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 Chicken & Vegetable Stir-fry White Rice Broccoli	2 Cheese Ravioli w/ Sauce Zucchini & Summer Squash Applesauce	3 Chicken & Dumplings Peas & Carrots Peaches Wheat Bread
6 Cabbage Rolls Red Bliss Potatoes Broccoli Applesauce	7 Chicken Parmesan Carrots Fruit Cocktail Wheat Bread	8 Breaded Pork Chops Mashed Potatoes Green Beans Apricots	9 Swedish Meatballs Egg Noodles Peas & Carrots Applesauce	10 Goulash California Blend Veggies Peaches
13 Baked Ham Sweet Potato Fries Cauliflower Mixed Fruit	14 Breakfast Bake Stewed Tomatoes Tropical Fruit	15 Herbed Pork Loin Parsley Noodles Corn Pineapple Wheat Bread	16 Sloppy Joe Oven Roasted Potatoes Caribbean Veggies Mandarin Oranges	17 Country Fried Steak w/ Gravy Mashed Potatoes Peas & Carrots Apricots
20 Beef Roast Mashed Potatoes w/ Gravy Roasted Yellow Squash Pears Dinner Roll	21 Salisbury Steak Mashed Potatoes w/ Gravy Brussels Sprouts Peaches	22 Chicken ala King Green Beans Mandarin Oranges Biscuit	23 Turkey Mashed Potatoes w/ Gravy Corn Cranberry Sauce Dinner Roll Pumpkin Pie	24 
27 BBQ Chicken Leg 1/4's Brown Rice Carrots Peaches	28 Chicken Potato Broccoli Casserole Fruit Cocktail Green Beans	29 Meatloaf Baked Potato California Blend Veggies Mandarin Oranges	30 Italian Baked Chicken Buttered Noodles Peas Mixed Fruit	

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.