


Federal and state grants cover only a portion of the meals we provide. Donations are important to PICCOA.
 Dinner is a suggested donation of \$3.00 for seniors 60 years and older.
 The meal cost is \$6.00 per person under 60.

Congregate meals being served at the Onaway Center

Sunday:
 Soup at Noon, Meal at 1 pm

Monday - Thursday:
 Soup at 4pm, Meal at 4:30 pm

MONDAY HDM		WEDNESDAY HDM		Thursday hot meal + weekend frozen meals
Cold Meal	Hot Meal	Cold Meal	Hot Meal	
SUN	MON	TUE	WED	THU
3 Baked Ham Boiled Potatoes Baked beans Pineapple	4 BBQ Pork Brussels Sprouts Corn Fruit Salad	5 Swiss Steak Beets Parsley Potatoes Applesauce	6 Chicken Pot Pie Peas Carrots Peaches	7 Lasagna Oven Brown Potatoes Green Beans Tossed Salad Fresh Fruit
10 Pork Steak Potatoes Spinach Applesauce	11 Fish Seasoned Rice Corn Tossed Salad Fresh Fruit	12 Baked Ravioli California Blend Green Beans Fresh Fruit	13 Cabbage Rolls Potatoes Mixed Vegetables Plums	14 Baked Chicken Mashed Potatoes/Gravy Winter Blend Cherries
17 Pork Roast Red Skin Potatoes Winter Blend Mixed Fruit	18 BBQ Chicken Sweet Potatoes Spinach Mandarin Oranges	19 Swedish Meatballs Noodles Lima Beans Carrots Apricots	20 Goulash Green Beans Corn Pears	21 Chop Suey Rice Broccoli Summer Squash Plums
24 Baked Turkey Mashed Potatoes/Gravy Stuffing Green Beans Cranberries Fruit Pie	25 Salisbury Steak Mashed Potatoes Cauliflower Fresh Fruit	26 Sauerkraut Kielbasa Boiled Potatoes Carrots Pears	27 Lasagna Wax Beans Tossed Salad Applesauce	28 --Closed-- Happy Thanksgiving! 



Congregate meals served Sunday - Thursday

Closed Friday & Saturday

All meals served with bread, margarine and milk according to guidelines.
 Menu subject to change due to food availability.

Tom's Family Market & Deli
Best meat and produce in town!
Deliveries made daily!
 20597 State Street
 Onaway
 989-733-8229
 PHARMACY OPEN
 MONDAY-FRIDAY
 989-733-4106

PICCOA November Menu