



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

Both Centers: Soup at 4 pm, Meal at 4:30 pm

MONDAY HDM	
Cold Meals	Hot Meals
SUN	MON
2 Baked Chicken Mash Potatoes Corn Pears Tossed Salad Dinner Roll	3 Baked Ravioli California Blend Green Beans Tropical Fruit Bread Sticks
9 Pot Roast Mash Potatoes California Blend Cherries Tossed Salad Dinner Roll	10 Country Fried Steak Potatoes Carrots Mixed Fruit Corn Bread
16 Baked Turkey Mash potatoes Peas Apricots Tossed Salad Biscuit	17 Salisbury Steak Oven Brown Potatoes Cauliflower Mixed Fruit Bread
23 Pork Roast Mash Potatoes Baked Beans Pineapple Tidbits Tossed Salad Roll	24 BBQ Chicken Sweet Potatoes Mixed Vegetables Mandarin Oranges Dinner Roll
30 Ham Potatoes Carrots Tropical Fruit Tossed Salad Bread	

WEDNESDAY HDM	
Cold Meals	Hot Meals
TUE	WED
4 Meatloaf Mash Potatoes Carrots Peaches Bread	5 Rustic Italian Chicken Red Skin Potatoes Beets, Toss Salad Mixed Fruit Dinner Roll
11 Spaghetti Green Beans Peas and Carrots Peaches Bread Sticks	12 Fish Rice Pilaf Beets Apricots Toss Salad Bun
18 Pork Steak Oven Brown Potatoes Wax Beans Peaches Bread	19 Meatloaf Seasoned Rice Green Beans Applesauce Tossed Salad Corn Bread
25 Lasagna Corn Green Beans Pears Bread Sticks	26 Baked Chicken Mash Potatoes Winter Blend Cherries Toss Salad Biscuit

Thursday hot meal + weekend cold/frozen
THU
6 Swedish Meatballs Noodles Lima Beans Carrots Apricots Bread
13 Honey Mustard Chicken Far East Blend Corn Cherries Dinner Roll
20 Chicken Alfredo Corn Carrots Pears Bread Sticks
27
CLOSED Thanksgiving


December

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.

Onaway Center: (989) 733-2559

Posen Center: (989) 766-8191

November 2014

PICCOA Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2 Daylight Saving Time Ends	3 Eat Smart/ Live Strong Posen 3 PM —●—●— Cheboygan Bus Trip	4 Onaway Birthday Bingo 2 PM —●—●— Matter of Balance Onaway 10a m	5 Posen Birthday Bingo 2 PM	6 Senior Commodities Onaway 9-10 Posen 12-12:30 —●—●— Domestic Violence Posen -4 PM	7	8
9 Al Kamyszek Variety Band Posen 2pm	10 Board Meeting Posen 10 AM —●—●— Flu Shots Posen 2:30-4:30	11 Veterans Day —●—●— Matter of Balance Onaway 10a m	12 Onaway/ Posen 5 meal draw	13 TEFAP Commodities 9am-Noon	14	15
16 P.I. Clubhouse meal 1:00pm	17 Elderly Driving Tips 3:45 pm Onaway	18 Matter of Balance Onaway 10a m —●—●— Onaway Bingo 2 PM	19 Blood Pressure Clinic -Onaway 3:00-3:30 pm —●—●— Posen Bingo 2 PM	20	21 Alpena Bus Trip	22
23 Onaway/ Posen 5 meal draw	24	25 Matter of Balance Onaway 10a m —●—●— Onaway Bingo 2 PM	26 Posen Bingo 2 PM	27 —Closed— 	28	29
30						