



PICCOA OCTOBER 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 10 am 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
3 Lasagna Peas & Pearl Onions Cauliflower Pineapple	4 Tex-Mex Casserole Side Salad Stewed Tomatoes Grapes	5 Chicken & Vegetable Stir-fry Broccoli Pineapple	6 Sloppy Joe w/ Wheat Bun Oven Roasted Potatoes Caribbean Veggies Mandarin Oranges	7 Hamburger Stroganoff Egg Noodles Capri Veggies Peaches Wheat Bread
10 Beef Roast Mashed Potatoes w/ Gravy Yellow Squash Pears Dinner Roll	11 Chicken Parmesan Broccoli Fruit Cocktail Wheat Bread	12 Breaded Pork Chops Egg Noodles Green Beans Apricots	13 Sweet & Sour Meatballs White Rice Sautéed Red Cabbage Wheat Bread	14 Goulash California Blend Veggies Peaches
17 Hot Turkey Sandwich On Wheat Bread Mashed Potatoes Carrots	18 Bacon Frittata Stewed Tomatoes Tropical Fruit	19 Honey Mustard Pork Tenderloin Parsley Noodles Corn Wheat Bread	20 Cheese Ravioli w/ Sauce Roasted Zucchini Cauliflower	21 Chicken & Rice Casserole Broccoli Pears Wheat Bread
24 Cabbage Rolls Red Bliss Potatoes Carrots Applesauce	25 Biscuits & Gravy Hashbrowns	26 Chicken ala King Egg Noodles Green Beans Mandarin Oranges Biscuit	27 Baked Ham Sweet Potatoes Cauliflower Mixed Fruit	28 Chicken Tenders Mac & Cheese Winter Blend Veggies Apple Slices
31 BBQ Chicken 1/4's Brown Rice Broccoli Peaches				October P.I. Clubhouse Meal: Hot Turkey Sandwich Mashed Potatoes Carrots

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.