



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 **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
2 Cabbage Rolls Red Bliss Potatoes Broccoli Applesauce	3 Chicken Parmesan Carrots Fruit Cocktail Wheat Bread	4 Breaded Pork Chops Mashed Potatoes Green Beans Apricots	5 Swedish Meatballs Egg Noodles Peas & Carrots Applesauce	6 Goulash California Blend Veggies Peaches
9 Hot Turkey Sandwich Mashed Potatoes Mixed Fruit Carrots	10 Breakfast Bake Stewed Tomatoes Tropical Fruit	11 Herbed Pork Loin Parsley Noodles Corn Pineapple Wheat Bread	12 Sloppy Joe Oven Roasted Potatoes Caribbean Veggies Mandarin Oranges	13 Country Fried Steak w/ Gravy Mashed Potatoes Peas & Carrots Apricots
16 Beef Roast Mashed Potatoes w/ Gravy Roasted Yellow Squash Pears Dinner Roll	17 Salisbury Steak Mashed Potatoes w/ Gravy Brussels Sprouts Peaches	18 Chicken ala King Green Beans Mandarin Oranges Biscuit	19 Baked Ham Sweet Potato Fries Cauliflower Mixed Fruit	20 Chicken Tenders Macaroni & Cheese Winter Blend Veggies Apple Slices
23 BBQ Chicken Leg 1/4's Brown Rice Carrots Peaches	24 Chicken Potato Broccoli Casserole Fruit Cocktail Carrots	25 Meatloaf Baked Potato California Blend Veggies Mandarin Oranges	26 Italian Baked Chicken Buttered Noodles Carrots Mixed Fruit	27  STAFF MEETING
30 Lasagna Peas & Pearl Onions Cauliflower Pineapple	31 Beef Fajitas Side Salad Tropical 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.