

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 Meals	Hot Meals	Cold Meals	Hot Meals	
SUN	MON	TUE	WED	THU
		1 Chicken Alfredo Spinach Carrots Pears	2 Salisbury Steak Parsley Potatoes Wax Beans Tossed Salad Applesauce	3 Fish Rice Pilaf Corn Peaches Corn Bread
6 Pot Roast Sour Cream & Chive Potatoes California Blend Cherries	7 Ham Sweet Potato 3-Bean Salad Summer Squash Tossed Salad Plums	8 Beef Stroganoff Noodles Peas Beets Peaches	9 Hamburger w/ Bun Corn Green Beans Fresh Fruit	10 Hawaiian Stir Fry Rice Far East Blend Broccoli Tropical Fruit
13 Pork Chops Parsley Potatoes Brussels Sprouts Melon	14 Sloppy Joe w/ Bun Oven Brown Potatoes Cauliflower Apricots	15 Rustic Italian Chicken Red Skin Potatoes, Carrots, Tossed Salad Tropical Fruit	16 Meatloaf Seasoned Rice Summer Squash Applesauce	17 Swiss Steak Rice Peas Tossed Salad Mixed Fruit
20 Baked Chicken Scalloped Potatoes Corn Tossed Salad Pears	21 Cabbage Roll Boiled Potatoes Baked Beans Peaches	22 Fish Hash Browned Potatoes Beets Tossed Salad Apricots	23 Boiled Dinner Cabbage Carrots Tropical Fruit	24 Pork Steak Wax Beans Oven Brown Potatoes Applesauce
27 Beef Roast Mashed Potatoes / Gravy Beets Tossed Salad Tropical Fruit	28 Meatloaf Potatoes Carrots Mixed Fruit	29 Honey Mustard Chicken Far East Blend Corn Cherries	30 Spaghetti Meat Sauce Noodles Green Beans Peas & Carrots Peaches	31 Beef Stew Beets Tossed Salad Fresh Fruit Biscuit



**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.

**Rygwelski's IGA**  
*Finest Homemade Sausage*  
*IGA Table-rite Meats*

495 South First Street, Rogers City  
 1-888-KABASA  
 734-3248

**PICCOA October Menu**