



# PICCOA October 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

## Monday-Thursday Congregate

Onaway Center: Soup at Noon, Meal at 1:00 pm  
Posen Center: Soup at 3 pm, Meal at 4:00 pm

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

MONDAY HDM	
Cold Meals	Hot Meals
SUN	MON
<b>5</b> Pot Roast Potatoes California Blend Cherries Tossed Salad Dinner Roll	<b>6</b> BBQ Chicken Sweet Potatoes Mixed Vegetables Mandarin Oranges Corn Bread
<b>12</b> Pork Roast Boiled Potatoes Baked Beans Pineapple Tidbits Tossed Salad Dinner Roll	<b>13</b> Fish Seasoned Rice Corn Mixed Fruit Bread
<b>19</b> Pork Steak Potatoes California Blend Applesauce Tossed Salad Dinner Roll	<b>20</b> Goulash Green Beans Winter Blend Pears Bread Sticks
<b>26</b> Baked Turkey Mash potatoes/w gravy Peas Cut Fruit Tossed Salad Biscuit	<b>27</b> Ham Sweet Potato Three Bean Salad Broccoli Plums Bread

WEDNESDAY HDM	
Cold Meals	Hot Meals
TUE	WED
	<b>1</b> BBQ Pork Brussel Sprouts Mixed Vegetables Apricot Tossed Salad Bread
<b>7</b> Cooks Special	<b>8</b> Swiss Steak Parsley Potatoes Beets Applesauce Tossed Salad
<b>14</b> Beef Stroganoff Noodles Peas Beets Pineapple Dinner Roll	<b>15</b> Ham Potatoes Carrots Tropical Fruit Tossed Salad Bread
<b>21</b> Fish Rice Pilaf Peas and Carrots Peaches Corn Bread	<b>22</b> BBQ Chicken Sweet Potatoes Mixed Vegetables Mandarin Oranges Tossed Salad Bread
<b>28</b> Beef Stew Far East Blend Green Beans Applesauce Biscuit	<b>29</b> Chicken Alfredo Corn Carrots Pears Tossed Salad Bread Sticks

Thursday hot meal + weekend cold/frozen
THU
<b>2</b> Baked Chicken Mash Potatoes/Gravy Winter Blend Cherries Biscuit
<b>9</b> Cabbage Rolls Potatoes Far East Blend Plums Bread
<b>16</b> Lasagna Corn Green Beans Pears Bread Sticks
<b>23</b> Cabbage Rolls Boiled Potatoes Wax Beans Mixed Fruit Bread
<b>30</b> Salisbury Steak Oven Brown Potatoes Cauliflower Mixed Fruit Bread

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**