



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

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 3 pm, Meal at 4:30 pm

(* Denotes a substituted item)

Sunday

Congregate Only

Monday

HDM Hot

Tuesday




HDM Hot

Wednesday

HDM Hot

Thursday

HDM Hot

				1 Lemon Pepper Chicken Sweet Potato Half Winter blend Vegetable Chilled Peaches Wheat Bread
4 Pot Roast Mashed Potatoes w/ Gravy Italian Green Beans Fresh Fruit Dinner Roll Deluxe Salad Bar	5 Cabbage Rolls Boiled Potato Mixed Vegetable Plums Wheat Bread	6 Garden Citrus Chicken Broccoli Oven Roasted Potatoes Diced Peaches Wheat Bread	7 Pork Chop w/ mushroom gravy Cheesy Mashed Potato Capri Vegetable Blend Cinnamon Apples Corn Bread Salad Bar	8 Goulash Succotash Blend Green Beans Mixed Fruit Dinner Roll
11 Baked Ham Sweet Potatoes Green Pea/Carrots Dinner Roll Fresh Fruit Deluxe Salad Bar	12 Ginger BBQ-Chicken Potato Wedges Capri Vegetable Blend Tropical Fruit Wheat Bread	13 Sweet & Sour Meat- balls over Rice Corn Sicilian Blend Peaches Wheat Bread	14 Beef Stew Over Wild Rice Prince Charles Blend Pears Dinner Roll Salad Bar	15 Turkey Tetrizzini Linguine Noodles Capri Vegetable Blend Green Beans Apricots Wheat Bread
18 Pork Roast Baked Potato Carrots Fresh Fruit Dinner Roll Deluxe Salad Bar	19 Spaghetti & Meatballs Corn Fresh Green Beans Orange Wedges Breadstick	20 Baked Chicken Breast Sweet Potato Fries Cauliflower Tropical Fruit Wheat Bread	21 Chicken Pot Pie Wax Beans Diced Beets Mixed Fruit Dinner Roll Salad Bar	22 BBQ Pork Riblette Potato Wedges California Vegetable Blend Diced Pears Wheat Bread
25 Roasted Turkey Au Gratin Potatoes Green Beans Pineapple Dinner Roll Deluxe Salad Bar	26 Pork Chop Supreme O'Brien Potatoes Capri Vegetable Blend Sweet Cherries Corn Bread	27 Beef Stroganoff Egg Noodles Asparagus Mixed Vegetable Peaches Wheat Bread	28 Oven Roasted Chicken Baked Sweet Potato Northwest Vegetable Blend Mandarin Oranges Wheat Bread Salad Bar	29 

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.