



PICCOA SEPTEMBER 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
			1 Chicken Tenders Brown Rice Carrots Pears	2 Stuffed Baked Potato Corn Apple Slices Wheat Bread
5  CLOSED	6  CLOSED	7 Bourbon Pork Chops Mashed Potatoes Green Beans Fruit Cocktail	8 Beef Teriyaki White Rice Broccoli Tropical Fruit	9 Country Fried Steak w/ Gravy Mashed Potatoes Peas & Carrots Grapes
12 Roast Beef Mashed Potatoes w/ Gravy Roasted Yellow Squash Pears Dinner Roll	13 Baked Ham Mashed Potatoes Sauteed Red Cabbage Tropical Fruit	14 Crunchy Baked Ranch Chicken Buttered Noodles California Blend Veggies	15 Tuna Salad Sandwich Broccoli Tomato & Cucumber Salad Pears	16 Beef Tips Egg Noodles Green Beans Peaches Wheat Bread
19 Lasagna Cauliflower Roasted Zucchini Pineapple Dinner Roll	20 Baked Spaghetti Corn Fruit Cocktail	21 Pulled Pork Sandwich Brown Rice Green Beans Applesauce	22 Baked Cod Parsley Noodles Broccoli Apples	23 Baked Lemon Pepper Chicken Roasted Potatoes Brussel Sprouts Cantaloupe
26 Roasted Turkey Red Bliss Potatoes Asparagus Peaches Dinner Roll	27 Cheese Ravioli w/ Sauce Roasted Zucchini Pears	28 Chicken Alfredo Winter Blend Veggies Pineapple	29 Beef Tacos Spanish Rice Peaches	30 Baked Chicken Breast Wild Rice Mixed Veggies Mixed 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.