



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 **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
				¹ Chicken Fettucine Alfredo Winter Blend Veggies Pineapple
⁴  CLOSED	⁵  CLOSED	⁶ Pepperoni Pizza Tossed Salad Mandarin Oranges Roasted Brussel Sprouts	⁷ BBQ Turkey Burger Potato Wedges California Blend Veggies Watermelon	⁸ Taco Spud Fresh Broccoli Applesauce
¹¹ Chicken & Stuffing Casserole Peas & Carrots Peaches	¹² Pork Tenderloin Mashed Potatoes w/ Gravy Green Beans Pears	¹³ Chef Salad Hard Boiled Egg Fresh Cauliflower Apple Slices	¹⁴ Sweet & Sour Meatballs White Rice Broccoli Honeydew Melon	¹⁵ Honey Garlic Chicken Breast Mashed Potatoes Carrots Mixed Fruit
¹⁸ Roasted Turkey Red Bliss Potatoes Peas Peaches Dinner Roll	¹⁹ Baked Ham Mashed Potatoes Carrots Tropical Fruit	²⁰ Tuna Salad Sandwich Broccoli Tomato & Cucumber Salad Pears	²¹ Crunchy Ranch Chicken Breast Buttered Noodles California Blend Veggies Apple Slices	²² Beef Tips Egg Noodles Green Beans Peaches Wheat Bread
²⁵ Beef Roast Mashed Potatoes w/ Gravy Yellow Squash Pears Dinner Roll	²⁶ Spaghetti w/ Meatballs Carrots Fruit Cocktail	²⁷ Lemon Pepper Chicken Breast Red Bliss Potatoes Brussel Sprouts Cantaloupe	²⁸ Baked Cod Parsley Noodles Garden Seasoned Broccoli Peaches	²⁹ Country Fried Steak Mashed Potatoes w/ Gravy Peas & Carrots 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.