

PICCOA September Menu

Federal and state grants cover only a portion of the meals we provide.

Donations are important to PICCOA.

Dinner is a suggested donation of \$2.50 for seniors 60 years and older.

The meal cost is \$5.00 per person under 60.

| Sunday | Monday | Tuesday | Wednesday | Thursday |
|--|---|--|--|--|
| 2 LABOR DAY WEEKEND -CLOSED- | 3 LABOR DAY -CLOSED- | 4 Pork chops, mashed pota- toes, green beans, peaches, salad | 5 Turkey noodle casserole, beets, manda- rin oranges, tossed salad | 6 Swiss steak, oven brown potatoes, car- rots, plums, coleslaw |
| 9 POSEN POTATO FESTIVAL -CLOSED- | 10 Swedish meat- balls, noodles, broccoli, car- rot/raisin sal- ad, ap- plesauce | 11 Pork steak, noodles, beets, applesauce | 12 Roast beef, boiled pota- toes, carrots, pears | 13 Hamburger Stroganoff, mixed vegeta- bles, noodles, coleslaw, pine- apple |
| 16 BBQ pork, oven brown pota- toes, peas, pears | 17 Cooks Choice | 18 Chicken breast, rice, green beans, tossed salad, tropical fruit | 19 Turkey, mashed pota- toes, carrots, cranberries | 20 Goulash, peas & carrots, car- rot/raisin sal- ad, apricots |
| 23 Meatloaf, mashed pota- toes, wax beans, peach- es | 24 Pork Chops, oven brown potatoes, win- ter blend, cole- slaw, ap- plesauce | 25 Chicken pot pie, mixed veg- etables, cole- slaw, mandarin oranges | 26 Pork roast, boiled pota- toes, beets, strawberries | 27 Fish, parsley potatoes, wax beans, peach- es |
| 30 Beef Stroga- noff, noodles, broccoli, car- rot/raisin sal- ad, applesauce | | | | |

Meals served
Sunday—Thursday
Closed Fridays & Saturdays.

Weekdays (both centers):

Soup at 4 pm

Meal at 4:30 pm

Sundays in Onaway:

Soup at Noon

Meal at 1 pm

Sundays in Posen:

Soup, salad and dessert at 3pm

Meal at 4 pm

(Soup, salad and dessert sold for an
additional \$1.00 with meal only.)

All meals served with bread,
margarine and milk according to
guidelines

Menu cycle weeks 7-11;
menu subject to change due to
food availability.

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