

Federal and state grants cover only a portion of the meals we provide. Donations are important to PICCOA.  
 Dinner is a suggested donation of \$3.00 for seniors 60 years and older.  
 The meal cost is \$6.00 per person under 60.

**Congregate meals being served at the Onaway Center**

**Sunday:**  
 Soup at Noon, Meal at 1 pm

**Monday - Thursday:**  
 Soup at 4pm, Meal at 4:30 pm

MONDAY HDM		WEDNESDAY HDM		Thursday hot meal + weekend frozen meals
Cold Meal	Hot Meal	Cold Meal	Hot Meal	
SUN	MON	TUE	WED	THU
1 Closed Labor Day Weekend	2 Closed Labor Day	3 Honey Mustard Chicken Far East Blend Corn Cherries	4 Spaghetti Meat Sauce, Noodles Green Beans Peas & Carrots Peaches	5 Beef Stew Beets Tossed Salad Fresh Fruit
8 Baked Ham Boiled Potatoes Baked Beans Pineapple Tidbits	9 BBQ Pork Brussels Sprouts Corn Fruit Salad	10 Swiss Steak Beets Parsley Potatoes Applesauce	11 Chicken Pot Pie Peas Carrots Peaches Biscuits	12 Lasagna Oven Brown Potatoes Green Beans Tossed Salad Fresh Fruit
15 Pork Steak Potatoes Spinach Applesauce	16 Fish Seasoned Rice Corn Tossed Salad Fresh Fruit	17 Baked Ravioli California Blend Green Beans Fresh Fruit	18 Cabbage Rolls Potatoes Mixed Vegetables Plums	19 Baked Chicken Mashed Potatoes / Gravy Winter Blend Cherries
22 Pork Roast Red Skin Potatoes Winter Blend Mixed Fruit	23 BBQ Chicken Sweet Potatoes Spinach Mandarin Oranges	24 Swedish Meatballs Noodles Lima Beans Carrots Apricots	25 Goulash Green Beans Corn Pears Bread Sticks	26 Chop Suey Rice Broccoli Summer Squash Plums
29 Baked Turkey Mashed Potatoes/Gravy Green Beans Pineapple Tidbits	30 Lasagna Peas Cauliflower Fresh Fruit			



**Meals served  
 Sunday - Thursday**  
**Closed  
 Friday & Saturday**

All meals served with bread, margarine and milk according to guidelines.  
 Menu subject to change due to food availability.

**Tom's Family Market & Deli**  
*Best meat and produce in town!*  
*Deliveries made daily!*  
 20597 State Street  
 Onaway  
 989-733-8229  
 PHARMACY OPEN  
 MONDAY-FRIDAY  
 989-733-4106

**PICCOA September Menu**