



PICCOA September 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

Monday-Thursday Congregate

Onaway Center: Soup at Noon, Meal at 1:00 pm
Posen Center: Soup at 3 pm, Meal at 4:00 pm

Both Centers: Soup at 4 pm, Meal at 4:30 pm

MONDAY HDM	
Cold Meals	Hot Meals
SUN	MON
CLOSED	1 CLOSED For Labor Day
7 Baked Turkey Mash Tatoes/Gravy Mixed Vegetables Pineapple Tidbits Tossed Salad Biscuit	8 Baked Ravioli Corn Green Beans Tropical Fruit Bread Stick
14 Cabbage Rolls Potatoes Mix Vegetables Plums Tossed Salad Bread	15 Pork Steak Potatoes Carrots Tropical Fruit Bread
21 Baked Chicken Boiled Potatoes Corn Pears Tossed Salad Dinner Roll	22 Baked Ravioli California Blend Green Beans Tropical Fruit Bread Sticks
28 Spaghetti Green Beans Peas and Carrots Peaches Tossed Salad Bread Sticks	29 Country Fried Steak Potatoes, Carrots Mixed Fruit Corn Bread

WEDNESDAY HDM	
Cold Meals	Hot Meals
TUE	WED
2 Beef Stew Far East Blend Green Beans Applesauce Biscuit	3 Chicken Alfredo Corn Carrots Pears Tossed Salad Bread Sticks
9 Sloppy Joe Oven Brown Potatoes Mixed Vegetables Three Bean Salad Plums & Bun	10 CLOSED [All staff attending Elder Abuse Prevention conference]
16 Honey Mustard Chicken Far East Blend Corn Cherries Dinner Roll	17 Meatloaf Seasoned Rice Green Beans Applesauce Tossed Salad Corn Bread
23 Fish Rice Pilaf Beets Apricots Diner Roll	24 Salisbury Steak Mash Potatoes Cauliflower Cherries Tossed Salad Bread
30 Rustic Italian Chicken Red Skin Potatoes Beets Tropical Fruit Dinner Roll	-

Thursday hot meal + weekend cold/frozen
THU
4 Salisbury Steak Oven Brown Potatoes Cauliflower Mixed Fruit Bread
11 Swedish Meatballs Noodles Lima Beans Carrots Apricots Bread
18 Swiss Steak Mashed Potatoes Peas and Carrots Mixed Fruit Bread Sticks
25 Pork Steak Oven Brown Potatoes Wax Beans Applesauce Bread
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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.

Onaway Center: (989) 733-2559

Posen Center: (989) 766-8191