



# 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

Onaway Center: Soup at Noon, Meal at 1:00 pm

Posen Center: Soup at 3 pm, Meal at 4:00 pm

## Monday-Thursday Congregate

Both Centers: Soup at 3 pm, Meal at 4:30 pm

(\*) Denotes a substituted item

### Sunday

Congregate Only

### Monday

HDM Hot

### Tuesday




HDM Hot

### Wednesday

HDM Hot

### Thursday

HDM Hot

		<b>1</b> Pulled BBQ Pork Roasted Potatoes Baked Beans Corn Bread Pears	<b>2</b> Swedish Meatballs Linguine Noodles Carrots & Corn Wheat Bread Peaches Salad Bar	<b>3</b> Garden Citrus Chicken Roasted Potatoes Broccoli Roll Applesauce
<b>6</b> — Closed —	<b>7</b> Closed For Labor Day! 	<b>8</b> Meatloaf Mashed Potatoes Mixed Vegetables Sweet Cherries Wheat Bread	<b>9</b> Roasted Chicken Sweet Potato Fries Cauliflower Wheat Bread Tropical Fruit Salad bar	<b>10</b> Cabbage Rolls Oven Roasted Potatoes Mixed Vegetables Apricots Roll
<b>13</b> Baked Ham Mashed Potatoes Green Peas Rolls Deluxe Salad Bar Baked Apples	<b>14</b> Pepper Steak Brown Rice Vegetables Corn & Pears Wheat Bread	<b>15</b> Turkey Tetrazzini Green Beans California Vegetables Rolls Tropical Fruit	<b>16</b> Baked Spaghetti Green Beans Corn Garlic Bread Pears Salad bar	<b>17</b> Honey Balsamic Chicken Baked Potato Zucchini Wheat Bread Peaches
<b>20</b> Pot Roast Mashed Sweet Potatoes Vegetable Blend Roll Deluxe Salad Bar Fresh Fruit Salad	<b>21</b> Pork Chop Supreme O'Brien Potatoes Capri Vegetables Wheat Bread Mixed Fruit Salad bar	<b>22</b> Tenderloin Tips Wild Rice Broccoli Corn Plums Wheat Bread	<b>23</b> Tahitian Chicken Roasted Potatoes Green Peas Wheat Bread Cinnamon Applesauce Salad Bar	<b>24</b> Goulash Carrots Green Beans Mixed Fruit Roll
<b>27</b> Pork Roast Baked Potato Carrots Wheat Bread Peaches Deluxe Salad Bar	<b>28</b> Country Fried Steak Mashed Potatoes Green Beans Wheat Bread Applesauce	<b>29</b> Lemon Chicken Parsley Noodles Broccoli Wheat Bread Oranges	<b>30</b> Beef Stew Rice & Gravy Asparagus Wheat Bread Peaches	

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.**