



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

Onaway Center: Soup at 3 pm, Meal at 4:30 pm.

Posen Center: Soup at 3 pm, Meal at 4:30 pm.

Sunday	Monday	Tuesday	Wednesday	Thursday
3 CLOSED	4 CLOSED Labor Day	5 Sloppy Joe on Wheat Bun Roasted Potatoes Green Beans Fruit Cocktail	6 BBQ Chicken Breast Hash Browns Peas Diced Peaches Wheat Bread	7 Pork Chop Parsley Mashed Potatoes Succotash Blend Mandarin Oranges Wheat Bread
10 Baked Ham Mashed Potatoes w/ Gravy Green Bean Casserole Applesauce Dinner Roll	11 Swedish Meatballs w/ Egg Noodles California Blend Tropical Fruit Dinner Roll	12 Roasted Turkey Stuffing Wax Beans Diced Peaches Wheat Bread	13 Spaghetti w/ Meat Sauce Brussel Sprouts Carrots Pineapple Bread Sticks	14 Hotdog on Bun Tater Tots Corn Strawberries
17 Roast Beef Mashed Potatoes w/ Gravy Prince Charles Vegetables Spiced Pears	18 Ginger Chicken Wild Rice Broccoli Mandarin Oranges	19 BBQ Pork on Wheat Bun Tater Tots Coleslaw Mixed Melon	20 Pizza Three Bean Salad Broccoli Apple	21 Taco Salad Spanish Rice w/ Black Beans Salsa Pineapple
24 Oven Fried Chicken Stuffing Maple Squash Banana & Pineapple Wheat Bread	25 Max's Cabbage Rolls Red Skin Potatoes California Blend Strawberries Cornbread	26 Ham & Cheese Frittata O' Brien Potatoes Stewed Tomatoes Biscuit Orange Wedges	27 Chili Mexican Corn Cornbread Mixed Fruit	28 Chicken Pattie on Bun Buttered Noodles French Green Beans Applesauce

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.