



PICCOA November 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
& Weekend Cold

Thursday

HDM Hot
& Weekend Cold

| | | | | |
|---|---|--|---|---|
| 1 Baked Ham Sweet Potato Green Beans Dinner Roll Pineapple Deluxe Salad Bar | 2 Sweet/sour Meatballs over Rice Peas & Carrots Cornbread Peaches | 3 Baked Chicken Parsley Noodles Corn Wheat Bread Diced Apples | 4 BBQ Riblette Potato Wedges California Veggie Blend Wheat Bread Mandarin Oranges Salad Bar | 5 Lasagna Cheesy Breadstick Cauliflower Broccoli Mixed Fruit |
| 8 Beef Roast Mashed Potato & Gravy Corn Dinner Roll Fresh Fruit Deluxe Salad Bar | 9 Garden Citrus Chicken Sweet Potato Fries Broccoli Wheat Bread Tropical Fruit | 10 Meatloaf Garlic Mashed Potatoes Mixed Vegetable Dinner Roll Diced Pears | 11 Country Fried Steak Mashed Potato Green Beans Biscuit Apricots Salad Bar | 12 Polish Sausage Sauerkraut Boiled Potato Carrots Wheat Bread Pineapple |
| 15 Baked Chicken Mashed Potato Mixed Vegetable Dinner Roll Watermelon Deluxe Salad Bar | 16 Beef Stroganoff Over Noodles Brussel Sprouts Biscuit Sliced Peaches | 17 Stuffed Green Pepper Carrots Corn Wheat Bread Orange Wedges | 18 Pork Tenderloin Parmesan Noodles Asparagus Wheat Bread Applesauce Salad Bar | 19 Turkey & Dressing Mashed Potatoes and Gravy Green Bean Casserole Dinner Roll Mixed Melon Salad |
| 22 Salisbury Steak Mashed Potato Dinner Roll Mixed Vegetable Mixed Fruit Deluxe Salad Bar | 23 Hamburger w/Bun Deluxe Toppings Baked Beans Coleslaw Strawberries | 24 Chicken Pot Pie Wax Beans Carrots Wheat Bread Apricots | 25 Cook's Choice | 26  —Closed— |
| 29 Pork Roast Baked Potato Carrots Dinner Roll Fresh Fruit Deluxe Salad Bar | 30 Cabbage Rolls Boiled Potato Mixed Vegetable Wheat Bread Cinnamon Apples |  | | |





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.

November 2015

PICCOA Activities

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|--|---|--|--|---|-----|
| 1  | 2 Exercise Onaway 10 am | 3 Onaway Birthday Bingo 2 pm ●————● Exercise Onaway 10 am | 4 Posen Birthday Bingo ●————● Exercise Onaway 10 am | 5 Alzheimer's: <i>The Basics</i> Posen 3:30 pm | 6 | 7 |
| 8 | 9 Board Meeting Posen 10 am ●————● Exercise Onaway 10 am | 10 Onaway Bingo 2 pm ●————● Exercise Onaway 10 am | 11 Posen Bingo 2pm ●————● Exercise Onaway 10 am | 12 Senior Commodities Onaway 9-10 Posen 12-12:30 ●————● Hospice Awareness Posen 3:30 pm | 13 | 14 |
| 15 P.I. Clubhouse Meal 1:00 pm | 16 Onaway/ Posen 5 meal draw ●————● Exercise Onaway 10 am | 17 Onaway Bingo 2 pm ●————● Exercise Onaway 10 am | 18 Posen Bingo 2pm ●————● Exercise Onaway 10 am | 19 TEFAP Commodities 9:00 am—Noon Both centers ●————● Exercise Onaway 10 am | 20 Alpena Bus Trip | 21 |
| 22 <i>The Dan & Dave String Duo</i> 2:00 pm -Posen | 23 Exercise Onaway 10 am | 24 Onaway Bingo 2 pm ●————● Exercise Onaway 10 am | 25 Posen Bingo 2 pm ●————● Exercise Onaway 10 am | 26 —Closed— Happy Thanksgiving | 27  | 28 |
| 29 Onaway/ Posen 5 meal draw | 30 Exercise Onaway 10 am |  | |  | | |

"With the wisdom of the owl
and the wind beneath his wings,
all things are possible."
—Written by Nan Van

"Count your age by friends, not years.
Count your life by smiles, not tears."
—John Lennon