Aging Unit of Iron County

September 2015

MENU HAPPENINGS

Hurley 561-2108 Mon. to Fri.	Mercer 476-2113 or1-800-950-8744 Tues. to Thurs.	Saxon 893-2333 Tues. to Thurs	Springstead - Wed 476-2113 or 1-800-950-8744

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
PLEASE MAKE RESERVATIONS 24 HOURS IN ADVANCE		1 Stuffed Green Peppers Wax Beans Tomato Salad Bread Pudding Bread, Milk Card Games	2 Spaghetti with Meat Sauce Corn Tossed Salad Jello Bread, Milk Bingo	3 Pork Stir Fry Rice, Egg Roll Tropical Fruit Cake Bread, Milk	4 Pasty Pie Carrots Cuke Salad Cookies Bread, Milk	5 **items may be changed without notice. All substituted items meet or exceed USDA standards for your RDA.**
6	7 **Labor Day** **Closed**	8 **Chef's Choice** Polenta Salamini Tossed Salad Cake Bread, Milk Card Games	9 Baked Chicken Potatoes Au Gratin, Peas & Carrots Macaroni Salad Apple Crisp Bread, Milk Bingo	10 Sweet & Sour Pork Rice Mandarin Oranges Blue Berry Muffins Bread, Milk	11 Beef Stew 3-Bean Salad Donuts Bread, Milk	12
13	14 Pork & Kraut Mashed Potatoes Green Beans Fruit Cocktail Pudding Bread, Milk	15 **Hawaiian Luau Party** Card Games	16 Oven Fried Chicken Mashed Potatoes, Peas Orange Juice Sherbet Bread, Milk Bingo Games	17 Lasagna Cauliflower & Broc Tossed Salad Jello Bread, Milk	18 Meat Loaf O'Brian Potatoes 5 Way Blend 7-Layer Salad Blue Berry Crisp Bread, Milk	19
20	21 Beef Tips & Noodles Corn Cottage Cheese Pudding	22 Cabbage Cassrole Country Blend Grape Juice Apple Crisp Bread, Milk Card Games	23 Roast Beef Mashed Potatoes, Green Beans Beet Salad Cake Bread, Milk Bingo games	24 Lemon Chicken Pasta, Carrots Tossed Salad Jello Bread, Milk	25 Chili, Carrot Salad Pear Cobbler Corn Bread, Milk	26
	28 Barbeque Chicken Tater Tots Stir Fry Vegetables Fruit Cocktail Pudding Bread, Milk	29 Sloppy Joes Wedge Fries Baked Beans Tossed Salad Cake Bread, Milk Card Games	30 Swiss Steak Mashed Potatoes, Wax Beans Tomato Juice Ice Cream Bread, Milk Bingo Games			This menu has been approved by Mary Jo Coleman, Registered Dietician.