



# Aging Unit of Iron County

## July 2016



### MENU HAPPENINGS

Hurley 561-2108 Mon. to Fri.		Mercer 476-2113 or 1-800-950-8744 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.	
<b>PLEASE MAKE RESERVATIONS 24 HOURS IN ADVANCE</b>					1 Lemon Chicken Buttered Noodles 3 Bean Salad Carrots Blueberry Muffins Milk	2 items may be changed without notice. All substituted items meet or exceed USDA standards for your RDA.	
	3	4 Closed 	5 <b>Chef's Choice</b> Cabbage Cassrole Country Blend Fruit Salad Bread & Milk  Card Games	6 Pork Roast Mashed Potatoes Peas Oranges Sherbet Bread, Milk Bingo Games	7 Cheese Ravioli with Marinara Sauce Vegetables Tossed Salad Garlic Bread Milk	8 Chicken Salad on a Croissant W/ Lettuce & Tomato Pasta Salad Coleslaw Fresh Apples Milk	9
10	11 BBQ Chicken Tater Tots Brussel Sprouts Peaches Pudding Bread, Milk	12 Tacos Spanish Rice Corn Salad Watermelon Milk  Card Games	13 Ham Augratin Potatoes Green Beans Beet Salad Apple Crisp Bread, Milk  Bingo Games	14 Lasagna Carrots Tossed Salad Grapes Bread, Milk	15 Baked Cod Potato Salad Creamed Spinach Pineapple Brownies Dinner Rolls Milk	16	
17	18 Pork & Kraut Parsley Potatoes, Country Blend Applesauce Pudding Bread, Milk	19  <b>Senior            Appreciation            Day            Picnic</b>	20 Roast Beef Mashed Potatoes, Wax Beans Spinach Salad Ice Cream Bread, Milk  Bingo Games	21 BBQ Pulled Chicken Sandwich Wedge Fries Baked Beans Coleslaw Raspberry Muffin Milk	22 Pizza Tomato & Cuke Salad Peach Cobbler Milk	23	
24	25 Italian Sausage Rigatoni Broccoli Melon Pudding Bread, Milk	26 Chicken Kiev Twice Baked Potatoes Monte Carlo Blend Tossed Salad Fruit Cocktail Bread, Milk  Card Games	27 Turkey Mashed Potatoes, Corn Cranberry Sauce Pumpkin Pie Bread, Milk  Bingo Games	28 Meat Loaf Scalloped Potatoes Green Beans Copper Penny Cookies Bread, Milk	29 Tuna Casserole Scandinavian Blend Cuke Salad Cinnamon Rolls Milk	30  This menu has been approved by Anna Mooi Registered Dietician.	