

Aging & Disability Resource Center- Iron County



DECEMBER 2019



Beginning December 2nd Please call ADRC local office @ 715-561-2108

Hurley M-F 561-2108 Iron Belt Thur 561-2091 Saxon M-W 893-2333

Springstead Wed 476-2113 or 800-950-8744 Mercer Tue-Thu 476-2113 or 800-950-8744

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
1	2 Lemon Chicken Roasted Red Potato Green Beans Cottage Cheese Pudding Card Games	3 Cheese Ravioli Italian Sausage Italian Blend Tossed Salad Jello Card Games	4 Meatloaf Mashed Potatoes Creamed Corn 3 Bean Salad Tropical Fruit Bingo	5 Beer Battered Cod Wild Rice Blend Carrots Broccoli Slaw Peach Cobbler	6 Turkey Tettrazini Brussel Sprouts Tomato Salad Blueberry Crisp	7
8	9 Pizza Burger Wedge Fries Baked Bean Pea Salad Fruit Card Games	10 <i>Chef's Choice</i> Eggs Benedict Potato Pancakes Apple Sauce Grape Juice Card Games	11 Roast Beef Mashed Potatoes Packer Beans Beet Salad Cinnamon Poke Cake Bingo	12 Oven Fried Chicken Mac and Cheese Country Blend Coleslaw Donut	13 Pizza Pasta Salad Yogurt Fruit	14
15	16 Chicken Pot Pie Tomato Salad Apple Crisp Card Games	17 Parmesan Crusted Tilapia Tater Tots Key Largo Veg Cuke Salad Cookie Card Games	18 Christmas Party BBQ Ribs Twice Baked Potatoes Fire Roasted Corn Carribbean Slaw Peppermint Icecream Bingo	19 Hungarian Goulash Egg Noodles Monte Carlo Veg V8 Juice Cinnamon Roll	20 Ham and Scalloped Potatoes Parisian Carrots Kidney Bean Salad Scones	21
22	23 Chicken Cacciatore Polenta Tossed Salad Cottage Cheese Pears Card Games	24 CLOSED 	25 CLOSED	26 Chili Corn Muffin Copper Penny Salad Pudding	27 Salmon Sweet Potato Green Bean Almondine 7 Layer Salad Chocolate Cake	28
29	30 Cheeseburger French Fries California Blend Coleslaw Pudding Card Games	31 CLOSED 				Bread & Milk Included with every meal

PLEASE...CIRCLE THE MEALS YOU WANT

Please...Make reservations 24 hours in advance and write checks to ICHS

This menu has been approved by Anna Mooi: Registered Dietician

* Items may be changed without notice. All substituted items meet or exceed USDA standards for RDA.

Please

Sign Your Name And On
Your Check What Month
You Are Paying For