

Aging & Disability Resource Center- Iron County

January 2020



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 CLOSED	2 Stuffed Pepper Parsley Potatoes Peas and Pearl Onion Beet Salad Cookies	3 Chicken Corden Bleu Parmesan Noodle Winter Blend 3 Bean Salad Muffin	4	
5	6 Chicken and Broccoli Alfredo Fettucini Italian Blend Tomato Salad Yogurt Card Games	7 Chef's Choice Roast Turkey Mashed Potatoes San Fran Blend Kidney Bean Salad Cherry Cobbler Card Games	8 Ring Bologna Mac and Cheese Green Beans Coleslaw Chocolate Cake Bingo	9 Salmon Patty Wild Rice Garden Blend Cream Peas Copper Penny Salad Fruit	10 Chili Corn Muffin Carrot Slaw Poke Cake	11
12	13 Chef's Salad Breadstick Pudding Card Games	14 Spaghetti with Meatballs Broccoli Tossed Salad Jello Card Games	15 Party! Baked Chicken Mashed Potato Cream Corn Tomato Juice Tropical Fruit Bingo	16 Ham Pineapple Glaze Sweet Potato Key Largo Veg Pea Salad Pumpkin Cake	17 Pasty Pie Bahama Blend Spinach Salad Cinnamon Twist	18
19	20 Sweet and Sour Pork Rice Stir Fry Veg Egg Roll Mandarins Cottage Cheese Card Games	21 Breaded Haddock Baked Potato Apple Raisin Salad Packer Beans Donut Card Games	22 Meatloaf Mashed Potato Peas and Carrots Tossed Salad Strawberry Shortcake Bingo	23 Swedish Meatball Egg Noodles Roasted Brussel Sprouts 3 Bean Salad Cream Puff	24 Chicken Pot Pie Broccoli Slaw Peach Crisp	25
26	27 Tuna Casserole Veggie Blend 7 Layer Salad Ice Cream Card Games	28 Swiss Steak Mashed Potato Country Blend Broccoli and Cauliflower Salad Pudding Card Games	29 Pork Roast Sauerkraut Baby Reds Carrots Tomato & Cuke Salad Apple Crisp Bingo	30 Chicken Parmesan Rigatoni Monte Carlo Blend Tossed Salad Pistachio Fluff	31 Pizza Caesar Salad Cheesecake	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