

# Aging & Disability Resource Center-Iron County



## February 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

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
2	3 Chili Corn Muffin Carrot Raisin Slaw Yogurt Fruit  Card Games	4 Chicken A La King Rice Peas and Carrots Tomato & Cuke Salad Pudding  Card Games	5 Beef Roast Mashed Potatoes with Gravy California Blend Tossed Salad Poke Cake  Bingo	6 Battered Cod Parmesan Linguine Rosted Brussel Sprouts Kidney Bean Salad Fruit	7 Sloppy Joes Steak Fries Baked Beans Coleslaw Cookie	8
9	10 Scrambled Eggs with Veggies Sausage Hashbrowns Cottage Cheese Fruit Juice  Card Games	11 <i>Chef's Choice</i> Cabbage Rolls Red Potatoes Green Beans 7 Layer Salad Bread Pudding  Card Games	12 <i>Valentine's Day Party</i> Chicken Kiev Wild Rice Blend Parisain Carrots 3 Bean Salad Red Velvet Cake  Bingo	13 Pork Cutlet Mashed Potatoes Fried Cabbage Beet Salad Apple Crisp	14 Ham Scalloped Potatoes Peas Broccoli Slaw Muffin	15
16	17 CLOSED  President's Day	18 Lasagna Winter Blend Tossed Salad Garlic Bread Mixed Fruit  Card Games	19 BBQ Chicken Au Gratin Potatoes Packer Beans Coleslaw Strawberry Cheesecake  Bingo	20 Tuna Noodle Casserole 7 Way Blend Copper Penny Salad Ice Cream Bar	21 Cheeseburger Tator Tots Carrots Cuke Salad Donut	22
23	24 Lemon Chicken Egg Noodles Green Beans Almandine Fruit Cocktail Cinamon Roll  Card Games	25 Beef Stew Biscuits Waldorf Salad Cookie  Card Games	26 <b>Beer-Battered Cod</b>  <b>Corn Tomato Salad Muffin</b>  Bingo	27 Sweet and Sour Pork Rice Egg Rolls Mandarin Oranges Cottage Cheese	28 Pizza Pasta Salad Jello	29 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 itmes meet or exceed USDA standards for RDA.

Please

On your check include what month you are paying for