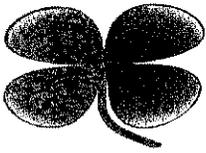


Aging & Disability Resource Center-Iron County



MARCH 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.
1	2 BLT Wrap Potato Wedge Coleslaw Cookie Card Games	3 Pasty Pie Bahama Blend Spinach Salad Donut Card Games	4 Pot Roast Egg Noodles Monte Carlo Veg Beet Salad Pudding Bingo	5 Cobb Salad Breadstick Sherbet	6 Ham and Cheese Melt Cream of Mushroom Soup Pumpkin Muffin	7
8	9 Beef Pepper Steak Rice Key Largo Veg Cottage Cheese Pudding Card Games	10 <i>Cook's Choice</i> BBQ Ribs Baked Potato Corn Copper Penny Salad Fruit Salad Card Games	11 Ham Cheesy Hashbrowns Peas and Pearl Onions Kidney Bean Salad Yogurt and Fruit Bingo	12 Chicken Pot Pie Broccoli Slaw Peach Crisp	13 Sweet and Sour Meatballs Rice San Fran Veg Carrot Raisin Salad Poke Cake	14
15	16 Oven Fried Chicken Mac and Cheese Brussel Sprouts Pea Salad Cupcake Card Games	17 Cheese Ravioli Italian Sausage Broccoli 3 Bean Salad Garlic Bread Fruit Card Games	18 <i>St. Patrick's Party</i> Corned Beef and Cabbage Red Potatoes Carrots Cuke Salad Shamrock Pudding Bingo	19 Poor Man's Lobster Potato Pancakes Peas and Carrots Cake	20 Turkey Stuffing Casserole Green Beans Cranberry Sauce Cottage Cheese Cream Puff	21
22	23 Salmon Patty Baked Sweet Potato Creamed Peas Apple Raisin Salad Ambrosia Card Games	24 Chicken Florentine Casserole California Blend Tomato Salad Cookie Card Games	25 Meatloaf Mashed Potatoes Creamed Corn Tossed Salad Jello Fruit Bingo	26 Pork Chop Suey Rice Egg Roll Asian Slaw Mandarins	27 Hungarian Goulash Noodles Parisian Carrots Waldorf Salad Cinnamon Roll	28
29	30 Chicken Cacciatore Polenta Spinach Salad Cream Cheese Bars Card Games	31 Beef Tips Egg Noodles Broccoli and Cauliflower Salad Chocolate Cake Card Games				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

On your check include what
month you are paying for