






Aging & Disability Resource Center-Iron County

MAY 2020



HURLEY: M-F 561-2108 IRON BELT: THUR SAXON: M-W 893-2333
 SPRINGSTEAD: WED 476-2113 or 800-950-8744 MERCER: TUE-THUR 476-2113 or 800-950-8744

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
					1 BBQ Pulled Pork Sandwich Baked Beans Coleslaw Cherry Crisp	2
3	4 Tater Tot Casserole Mediterranean Veggies Bean Salad Pudding Card Games	5 <i>Cook's Choice</i> Porcupine Meatballs Steak Fries Packer Beans Donut Card Games	6 <i>Mother's Day Party</i> Chicken Kiev Twice Baked Potato Carrots Tossed Salad Cheesecake Bingo	7 Parmesan Crusted Tilapia Garden Blend Rice Winter Blend Cookie	8 Pizza Cottage Cheese Fruit	9
10	11 Beef Tips Egg Noodles Bahama Blend Beet Salad Ambrosia Card Games	12 Pork Cutlet Baked Potato Sweet and Sour Cabbage Apple Crisp Card Games	13 Baked Chicken Mashed Potatoes Creamed Peas and Carrots Cuke Salad Jello Bingo	14 Tuna Croissant Lettuce and Tomato Broccoli Slaw Fruit	15 Cheese Ravioli Meatballs Broccoli Italian Bean Salad Sherbet	16
17	18 Beef and Broccoli Chop Suey Rice Egg Roll Fruit Cup Card Games	19 Ham and Scalloped Potatoes Peas Tomato Salad Ice Cream Bar Card Games	20 Pork and Kraut Baby Reds 3 Bean Salad Poke Cake Bingo	21 BBQ Chicken Baked Potato California Blend Veggies Cookie	22 Beer Battered Cod Roasted Brussel Sprouts Potato Salad Cinnamon Roll	23
24	25 CLOSED MEMORIAL DAY	26 Sloppy Joes Baked Beans Parisian Carrots Pudding Card Games	27 Roast Beef Mashed Potatoes Country Blend Spinach Salad Chocolate Cake Bingo	28 Turkey Tetrzzini Green Beans Tomato and Cuke Salad Yogurt and Fruit	29 Cheeseburger Tater Tots San Francisco Veggies Brownie	30 Milk included with every meal



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 Aging and Disability Resource Center
 of the North-Iron County

PLEASE CIRCLE THE MEALS YOU WANT
 Please make reservations 24 hours in advnce!
 Checks can be made 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.