

Aging & Disability Resource Center-Iron County



AUGUST 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
2	3 Pepper Steak Rice Key Largo Veggies Pudding	4 <i>Chef's Choice</i> Pasty Pie Carrots Grape Salad	5 Roast Pork Mashed Potatoes Green Beans Lentil Salad Apple Crisp	6 Parmesan Tilapia Parsley Potatoes California Blend Scone	7 Kielbasa Casserole Cauliflower Fruit Salad	8
9	10 BLT Croissant Baked Beans Broccoli Slaw Cookie	11 Turkey Tetrazini Egg Noodles 5 Way Blend Fruit	12 Swiss Steak Mashed Potatoes Packer Beans Tomato Salad Coconut Cream Pie	13 Sweet & Sour Chicken Rice Stir Fry Blend Egg Roll Poke Cake	14 Pork and Kraut Roast Red Potatoes Monte Carlo Veggies Pudding	15
16	17 Chicken Bruschetta Bowtie Pasta Tossed Salad Ambrosia	18 California Wrap BLT Pasta Salad Cheesecake	19 Meatloaf Mashed Potatoes 3 Bean Salad Yogurt and Fruit	20 Beer Battered Cod O'Brien Potatoes Peas Ice Cream	21 Tator Tot Casserole Mediterranean Veggies Cookie	22
23	24 Beef Tips Egg Noodles Brussel Sprouts Cottage Cheese Peaches	25 Ring Bologna Mac and Cheese San Francisco Veggies Strawberry Shortcake	26 BBQ Chicken Twice Baked Potatoes Country Blend White Bean Salad Fruit	27 Spaghetti & Meatballs Broccoli Tossed Salad Jello	28 Pork Cutlet Mashed Potatoes Carrots Muffin	29
30	31 Porcupine Meatball Mashed Sweet Potato Bahama Blend Cookie					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 advance

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