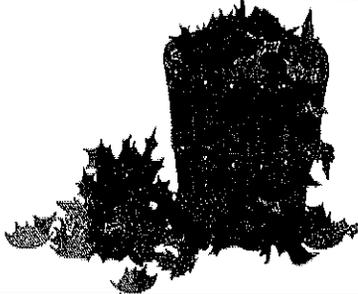


Aging & Disability Resource Center-Iron County

SEPTEMBER 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 Pork Chops Wild Rice Garden Blend Oreo Cupcake	2 Pot Roast Mashed Potatoes Carrots 3 Bean Salad Pudding	3 Tuna Casserole Roasted Butternut Squash Cookies	4 Scalloped Potatoes and Ham Wax Beans Pumpkin Bars	5
6	7 CLOSED LABOR DAY	8 <i>Chef's Choice</i> Liver and Onions Parsley Potatoes Green Beans Almandine Dutch Apple Cake	9 Salisbury Steak Mashed Potatoes Tossed Salad Ambrosia	10 Beer Battered Cod Rice Pilaf Country Blend White Bean Salad Muffin	11 Chicken Pot Pie Broccoli Slaw Jello	12
13	14 Chicken Parmesan Spaghetti Green Beans Pudding	15 Beef Stew Biscuits Waldorf Salad	16 <i>Party Day</i> BBQ Ribs Twice Baked Potatoes San Fran Veggies Quinoa Black Bean Salad Cake	17 Chili Corn Muffin Coleslaw Yogurt and Fruit	18 Pizza Pea Salad Donut	19
20	21 Sweet & Sour Pork Rice Egg Roll Mandarin Oranges Cottage Cheese	22 Vegetable Alfredo Lasagna Tossed Salad Sherbet	23 Oven Fried Chicken Mashed Potatoes Packer Beans Kidney Bean Salad Lemon Cheesecake	24 Tortilla Crusted Tilapia Sweet Potatoes Peas and Carrots Jello	25 Sloppy Joes Tater Tots Baked Beans Poke Cake	26
27	28 Swedish Meatballs Egg Noodles Bahama Blend Cinnamon Roll	29 Turkey Divan Rice Pilaf Carrots Mixed Melon	30 Pork Roast Mashed Potatoes Brussel Sprouts Beet Salad Apple Crisp	<i>Chef's Choice: Saxon and Iron Belt</i> Enchilada's Spanish Rice Cinnamon Poke Cake		Milk included with every meal

 **Find us on Facebook:**
 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.