

Aging & Disability Resource Center-Iron County



OCTOBER 2020



*HURLEY: M-F 561-2108 *SAXON: M-W 893-2333 *MERCER: TUE-THUR 476-2113
 *SPRINGSTEAD: WEDNESDAY ONLY 476-2113 *IRON BELT: THURSDAY ONLY

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Cheeseburger Tator Tots Baked Beans Coleslaw Donuts	2 Baked Cod in Basil White Wine Sauce Baby Reds Peas and Carrots Cake
			5 Pork Chop Suey Rice Egg Rolls Asian Slaw Mandarin Oranges	6 <i>Chef's Choice</i> Boiled Dinner Marble Rye Bread Spinach Salad Cinnamon Roll
12 Steak Pizzaiola Penne Pasta Monte Carlo Veg Blend Jello	13 Lemon Basil Chicken Spinach Wild Rice Blend Scone	14 <i>Party</i> Pork and Kraut Mashed Potatoes Green Beans Kidney Bean Salad Applesauce	15 Beer Battered Cod O'Brien Potatoes Carrots Caramel Apple Salad	16 Sloppy Joes Mac and Cheese Cucumber Salad Pudding
19 Tuna Casserole 5 Way Blend Copper Penny Salad Muffin	20 Mongolian Beef Rice Kale Salad Donut	21 Baked Chicken Mashed Potatoes Cream Corn Tomato Juice Ambrosia	22 Cheese Ravioli Italian Sausage Broccoli Tropical Fruit	23 Chili Corn Bread Brownie
26 Cabbage Rolls Barley Pilaf Wax Beans Apple Cobbler	27 Salmon Patty Orzo Pasta Cream Peas Fruit	28 Baked Ham Cheesy Hashbrowns Peas and Carrots White Bean Salad Lemon Cheesecake	29 Sweet and Sour Ribs Rice Stir Fry Blend Cottage Cheese Cake	30 Chicken Pot Pie Mediterranean Blend Bread Pudding



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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**

***Milk included with every meal**