



FEBRUARY 2021

*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 Chili Corn Bread Carrot Raisin Slaw Fruit	2 Bruschetta Chicken Garlic Pasta Broccoli Salad Cookies	3 Roast Beef Mashed Potatoes Bahama Vegetable 3 Bean Salad Earthquake Cake	4 Turkey Teriyaki Rice Egg Rolls Asian Slaw Pudding	5 Corn Beef and Cabbage Casserole Carrots Lemon Bars
8 French Onion Chicken Egg Noodles Capri Vegetables Muffin	9 <i>Chef's Choice</i> Garlic Butter Steak Bites Roasted Potatoes Prince Edward Vegetables Bread Pudding	10 Meatloaf Mashed Potatoes Creamed Corn White Bean Salad Jello	11 Pork Cutlet Roast Sweet Potato Provence Vegetables Applesauce	12 Beer Battered Cod Tater Tots Green Beans Muffin
15 CLOSED President's Day	16 <i>Fat Tuesday</i> Chicken and Sausage Jambalaya Rice Brussel Sprouts Jelly Donut	17 Ash Wednesday Salmon Filet Roast Red Potatoes 5 Way Blend Apple Raisin Salad Pudding	18 Beef Stew Biscuit Ambrosia	19 Cheese Ravioli Marinara Sauce Italian Vegetables Italian Bread Yogurt and Fruit
22 Stuffed Pepper Casserole Copper Penny Salad Cinnamon Roll	23 Cowboy Stew Dinner Roll Mixed Fruit	24 Pork Roast Mashed Potatoes San Fran Veggies Kidney Bean Salad Apple Pie	25 Asiago Chicken Penne Pasta Tossed Salad Bread Stick Cranberry Orange Bar	26 Tortilla Crusted Tilapia Wild Rice Blend Peas and Carrots Coleslaw Cookie



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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

*Items may be changed without notice. **All substituted items meet or exceed USDA standards for RDA.
This menu has been approved by Anna Mooi: Registered Dietician