



MAY 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 |
|---|--|--|--|--|
| 3 Pork Cutlet Sweet Potatoes Peas and Carrots Yogurt with Fruit | 4 <i>Chef's Choice</i> Pasty Pie Carrots Coleslaw Grape Salad | 5 <i>Cinco De Mayo</i> Chicken Salsa Spanish Rice Tossed Salad Banana Cream Cheesecake | 6 Salmon Patty Wild Rice Blend Peas & Pearl Onions Strawberry Shortcake | 7 Chili Cornbread Cottage Cheese Pears |
| 10 Beef Tips Egg Noodles 5 Way Blend Ambrosia | 11 Honey Garlic Chicken Stirfry Rice Egg Rolls Cookie | 12 <i>Mother's Day</i> Spaghetti Meatballs Italian Bean Salad Garlic Bread Jello | 13 Tuna Melt Potato Salad Watermelon Salad | 14 Chicken Potpie Cucumber Salad Pudding |
| 17 Tater Tot Casserole Winter Blend Veggies Cinnamon Roll | 18 Beer Battered Cod Potato Wedges Bahama Blend Blueberry Blondies | 19 Pork & Kraut Mashed Potatoes Fire Roasted Corn 3 Bean Salad Applesauce | 20 Asiago Chicken Casserole California Blend Cookie | 21 Stuffed Peppers Parsley Potatoes Green Beans Muffin |
| 24 Chicken Cordon Bleu Barley Pilaf Corn & Black Bean Salad Fruit | 25 Pizza Burger Steak Fries Coleslaw Rice Pudding | 26 Roast Beef Mashed Potatoes Country Blend Chocolate Cake | 27 John Wayne Casserole Strawberry Spinach Salad Ice Cream | 28 Turkey Divan Brussel Sprouts Cranberries Poke Cake |
| 31 CLOSED MEMORIAL DAY | | | | |



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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