



# JUNE 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 Parmesan Crusted Tilapia Rice Pilaf Peas and Carrots Cookie	2 Meatloaf Mashed Potatoes Brussel Sprouts Kidney Bean Salad Lemonade Poke Cake	3 Chicken Stroganoff Egg Noodles Green Beans Apple Crisp	4 Kielbasa with Peppers and Onions Baby Red Potatoes Carrots Muffin
7 Tuna Croissant Lettuce, Tomato Sun Chips Caramel Apple Salad	8 <i>Chef's Choice</i> Chicken Cacciatore Polenta Broccoli Sherbet	9 Pot Roast Potatoes Carrots White Bean Salad Pudding	10 Chef Salad Breadstick Scone	11 Swedish Meatball Egg Noodle Green Beans Cinnamon Roll
14 Pepper Steak Rice Key Largo Veg Pudding	15 Lasagna Garlic Toast California Blend Cookies	16 Father's Day BBQ Ribs Steak Fries San Fran Veggies Rainbow Slaw Chocolate Cake	17 Baked Ham Cheesy Hashbrowns Peas Cherry Dreamcake	18 Lemon Chicken Garlic Spaghetti Tomato Salad Fruit
21 Cheeseburger Tater Tots Baked Beans Waldorf Salad	22 Polish Casserole Green Beans Muffin	23 Oven Fried Chicken Mashed Potatoes 5 Way Blend Beet Salad Peach Crisp	24 Beer Batter Cod Wild Rice Blend Corn Ice Cream	25 Liver and Onions Parsley Potatoes Roasted Zucchini Jello
28 Beef Stew Biscuit Cottage Cheese Mandarins	29 BLT Wrap Pasta Salad Fruit Salad	30 Pork Roast Mashed Potatoes Bahama Veggies Lentil Salad Yogurt and Fruit		



**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**

**\*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