



JULY 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
<p>PLEASE NOTE NEW CHANGE: Iron Belt Meal site will be served Wednesday's listings each Thursday. Saxon and Iron Belt please call ADRC local office at 715-561-2108 for meal reservations until further notice</p>			1 Orange Chicken Rice Stir Fry Veggies Ramen Salad Cookies	2 Pizza Pea Salad Yogurt Fruit
5 CLOSED	6 <i>Chef's Choice</i> Pasty Pie Carrots Broccoli Salad Apple Pie	7 Swiss Steak Mashed Potatoes Monte Carlo Blend Kidney Bean Salad Watermelon	8 Scalloped Potatoes and Ham Spinach Salad Cinnamon Roll Poke Cake	9 Hot Rubeen Sandwich Pasta Salad Coleslaw Muffin
12 Beef Tips Egg Noodles Green Beans Blueberry Cobbler	13 Chicken Alfredo Lasagna Tomato and Cuke Salad Italian Bread Lemon Bars	14 Pork Chop Stuffing Bake Mashed Potatoes 5 Way Blend Jello	15 Cabbage Rolls Baby Reds Creamed Carrots Pudding	16 Egg Salad Croissant Barley and Corn Salad Fruit
19 BBQ Pulled Pork Pretzel Roll O'Brien Potatoes Slaw Ambrosia Salad	20 Baked Halibut Garlic Egg Noodles Broccoli Scone	21 Baked Chicken Mashed Potatoes Brussel Sprouts Strawberry Shortcake Trifle	22 Sloppy Joe Tater Tots Tomato salad Ice cream Bar	23 Sweet 'n Sour Pork Rice Oriental Veggies Asian Salad Caramel Apples
26 Turkey Pot Pie Mediterranean Veg Cottage Cheese Peaches	27 Porcupine Meatball Rice Bahama Veggies Donut	28 Roast Beef Mashed Potatoes Packer Beans Chocolate Peanut Butter Bar	29 Tuna Casserole Tossed Salad Poke Cake	30 Chicken Club Sandwich Lettuce Tomato Bacon Potato Salad Jello and Fruit



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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