Aging and Disability Resource Center of the North

February 2022

American Heart Month

* When making meal reservations please specify if your meal reservation will be dine-in, carry-out, or home delivery *

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pepper Steak Egg Noodles Key Largo Veggies Frog Eye Salad	**2** Roast Turkey Mashed Potatoes Peas and Carrots Spinach Salad Cranberry Orange Bars	**3** Italian Sausage w/peppers & Onions Polenta White Bean Salad Jell-O	**4** Pizza 7 Layer Salad Cinnamon Roll
7 Pot Roast Potatoes Carrots Cottage Cheese Ambrosia	**8** *Chefs Choice* Chicken Marsala Penne Pata Broccoli Garlic Bread Caramel Apples	**9** *Valentines Party* Orange Glazed Salmon Filet Jasmine Rice Asparagus Caesar Salad Strawberry Shortcake	**10** Brat Burger Tater Tots Calico Beans Peaches	**11** BLT Wrap Cheddar Broccoli Soup Scone
14 ♥ Liver & Onions w/Bacon Scalloped Potatoes Bahama Veggies Pudding	**15** Swedish Meatballs Egg Noodles Green Beans Cookies	**16** BBQ Chicken Mashed Potatoes 5 Way Blend Copper Penny Salad Pineapple Cream Pie	**17** Lemon Garlic Baked Cod Wild Rice Blend Sugar Snap Peas Creamy Coleslaw Donut	**18** Pork Cutlet w/Gravy O'Brien Potatoes German Blend Veggies Brownie
21 CLOSED President's Day	**22** Lasagna Mediterranean Vegetables Tossed Salad Yogurt w/Fruit	**23** Pork & Kraut Mashed Potatoes Provence Veggies Kidney Bean Salad Apple Pie	**24** General Tso's Chicken Rice Oriental Veggies Egg Roll Fruit	**25** Meatloaf Maccaroni & Cheese Green Beans Muffin
28 Cabbage Rolls Buttered Parsley Potatoes 3 Bean Salad Mandarins	**Hurley Home Delivery program will be delivering Monday, Wednesday & Fridays.**		Please specify on your menu or when making meal reservations the following: Name and Meal Site Date Dine - In, Carry Out , or Home Delivery **Please Make Reservations 24-Hour In Advance	

*PLEASE CIRCLE THE MEALS YOU WANT

*Please make reservations 24 hours in advance!

*Checks can be made to ICHS

*Milk included with every meal