


# IRON RIVER MARCH 2025

Monday	Tuesday	Wednesday	Thursday	
3 Biscuits & Sausage Gravy Oven Roasted Potatoes Applesauce	4 Unstuffed Pepper Bowl Peas Whole Wheat Bread w/ Butter	5 Garlic Linguine w/ Fish Veggie Dinner Roll  ASH WEDNESDAY	6 Chicken & Spaghetti Veggie Garlic Bread Jello w/ Fruit	<b>Questions or Concerns please reach out to DICSA 906-774-2256 Ext 230, 235 or 244</b>
10 Chicken Soft Tacos Spanish Rice Veggie	11 Liver & Onions (Or Substitute) Roasted Garlic Potatoes Carrots Garlic & Cheese Biscuit	12 Sloppy Joe w/ Bun Baked Mac & Cheese Sweet Potato Fries	13 Scalloped Potatoes & Ham Peas Dinner Roll	<b>Meals are subject to change without notification.</b>
17 Chili Hard Roll Pudding	18 Oven Fried Fish & Chips Tartar Sauce Veggie	19 Cheese Ravioli w/ Marinara Sauce Italian Veggies Garlic Bread	20 Baked Pork Chops Mashed Potatoes & Gravy Peas & Carrots Applesauce	<b>IR CENTER 906-265 -6134  Salad Bar 11:00 Meal 11:30</b>
24 Chicken Gravy over Mashed Potatoes Carrots Dinner Roll	25 Salisbury Steak Mashed Potatoes & Gravy Veggie	26 Ham & Potato Soup Biscuit Pudding	27 Pasty Pie Veggie Applesauce	<b><i>Meals are funded by program income, local millage, OSA &amp; The Area Agency on Aging.</i></b>
31 Mushroom & Swiss Burger Oven Baked Fries Baked Beans				

# Top 10 Polyphenols

Polyphenols come from plants, and they produce substances that benefit you and your gut bacteria. You can reduce your risk of disease and improve your gut bacteria balance by eating more polyphenol-rich foods like those shown below.



pomegranate



cranberries



dark chocolate  
(70% or higher)



herbs & spices



black & green olives



blueberries



black elderberries



flaxseed



almonds



red onions

for more information, please visit  
[www.healthtakesguts.com](http://www.healthtakesguts.com)