


IRON RIVER OCTOBER 2024

Monday	Tuesday	Wednesday	Thursday	
	1 Biscuits & Sausage Gravy Oven Roasted Potatoes Spiced Pears	2 Cheeseburger Baked Fries Baked Beans	3 Hearty Beef Stew Pickled Beets Whole Wheat Dinner Roll	IR CENTER 906-265-6134 Salad Bar 11:00 Meal 11:30
	7 Chicken Caesar Salad Hard Boiled Egg Whole Wheat Roll Cottage Cheese Mandarin Oranges	8 Pulled Pork Sandwich Potato Wedges Steamed Cabbage	9 Chili Cornbread Side Salad	10 Garlic Parmesan Fish Mashed Potatoes Steamed Carrots Biscuit Pudding Cup Tartar Sauce
14 Swedish Meatballs Buttered Noodles Mixed Veggies Dinner Roll	15 Chili Cheese Dog Baked Fries Mac & Cheese Pudding Cup	16 Honey Mustard Chicken Potatoes Broccoli w/Cheese Apple Crisp	17 Lasagna Green Beans Garlic Breadstick	All meals are served with choice of whole milk or juice and fruit.
21 Turkey Burger w/ Bacon Roasted Potatoes Cauliflower w/ Cheese	22 Hamburger Gravy Over Mashed Potatoes Candied Carrots Dinner Roll	23 Cheese Tortellini w/ Meat Sauce Wax Beans Garlic Bread	24 Scalloped Potatoes w/ Ham Buttered Corn Dinner Roll Brownie	Meals are funded by program income, local millage, OSA & The Area Agency on Aging.
28 Lemon Garlic Tuna Burger on Whole Wheat Bun Baked Fries Broccoli	29 Tukey & Cheese Wrap Spinach Side Salad Yogurt String Cheese Chips	30 Chicken & Dressing Bake California Blend Veggies Dinner Roll w/Butter Applesauce	31 Happy Halloween Mummy Dogs (Pigs in a Blanket) Spiders Eyes (Baked Beans) Brains (Mac n Cheese)	