



# JUNE | 2017

## Iosco County Commission on Aging

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|---|---|--|---|
|   |   |   | 1<br>Meatloaf<br>Mashed Potatoes<br>Carrots<br>Banana Pudding<br>Cup | 2<br>Chicken Teriyaki<br>Snow Peas<br>Rice<br>Oriental Blend<br>Pineapple |
| 5<br>Hamburger<br>Spudster Potatoes<br>Coleslaw<br>Cantaloupe     | 6<br>Chicken Fricassee<br>Rice<br>Carrots<br>Corn<br>Applecrisp                       | 7<br>Lasagna<br>Tossed Salad<br>Mixed Vegetables<br>Orange                | 8<br>Breakfast Casserol<br>Sausage<br>Orange Juice<br>Cantaloupe     | 9<br>Baked Fish<br>Mac & Cheese<br>Coleslaw<br>Ambrosia Salad             |
| 12<br>Ham & Bean Soup<br>Breadstick<br>Tossed Salad<br>Applecrisp | 13<br>Steak Sandwich<br>Spudster Potatoes<br>Coleslaw<br>Orange                       | 14<br>Meatloaf<br>Red Bliss Potatoes<br>Green Beans<br>Peaches            | 15<br>Roast Chicken<br>Squash<br>Wax Beans<br>Grapes                 | 16<br>Roast Turkey<br>Mashed Potatoes<br>Carrots<br>Banana Pudding<br>Cup |
| 19<br>Scalloped Potato &<br>Ham<br>Corn<br>Green Beans<br>Orange  | 20<br>Sloppy Joe<br>Potatoes O'Brien<br>Pickled Beets<br>Tropical Fruit Cup<br>Cookie | 21<br>Smothered Chicke<br>Rice Pilaf<br>Mixed Vegetables<br>Fruit Parfait | 22<br>Roast Beef<br>Mashed Potatoes<br>Beets<br>Cherry Crisp         | 23<br>Liver & Onions<br>Mashed Potatoes<br>Corn Bake<br>Apple             |
| 26<br>Beef Stew<br>Biscuit<br>Coleslaw<br>Fruit Parfait           | 27<br>Roast Pork<br>Mashed Potatoes<br>Green Beans<br>Peach Fluff                     | 28<br>BBQ Chicken<br>Cheesy Potatoes<br>Wax Beans<br>Pears                | 29<br>Hot Turkey Sand<br>Mashed Potatoes<br>Carrots<br>Mixed Fruit   | 30<br>Beef Goulash<br>Mixed Vegetables<br>Tossed Salad<br>Fruit Slushi    |

### News

**This meal program  
Is offered by the  
ICCOA**

**Suggested  
Donation 60+  
\$3.00  
Under 60 must  
Pay the Center  
Host \$6.00**

**Please call the  
Center one day  
In advance to  
Make your  
Reservation**

**Hale- 728-4251  
Oscoda- 739-3668  
Sand Lake-469-9361  
Tawas- 362-6892**