



# OCTOBER | 2018

## Iosco County Commission on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Hot Dog W/Coney Sauce Oven Fried Potatoes Coleslaw Cantaloupe	2 Taco Salad Tortilla Chips Southwest Slaw Salsa Pineapple	3 Grilled Chicken Sandwich Homemade Fries Broccoli Watermelon	4 Baked Spaghetti Italian Green Beans Garlic Toast Orange	5 Beef Chop Suey Rice Midori Blend Tropical Fruit
8 Pork Chop Sweet Potato Beets Peaches	9 Chicken Noodle Casserole Green Beans Cantaloupe & Honeydew	10 Meatloaf Mashed Potatoes Carrots Grapes	11 Liver & Onions Red skin Mashed Potatoes Normandy Blend Banana Cream Cup	12 Baked Fish Macaroni & Chees Mixed Vegetables Fruit Parfait
15 Baked Chicken Stuffing Green Beans Orange	16 Sloppy Joe Baked Beans Spinach Apricots	17 Pizza Tossed Salad Prince Charles Blend Watermelon	18 Chili With Beans Carrots Tossed Salad Cantaloupe Cornbread	19 O/F Roast Beef Sandwich Mashed Potatoes Winter Blend Apple
22 Baked Ziti Capri Blend Peach Fluff	23 Sheppard's Pie Beets Mixed Fruit	24 Roasted TurkeyStf Broccoli Beets Ambrosia Salad	25 Split Pea Soup Tossed Salad Diced Pears	26 Baked Fish Carrots Parmesan Pea Salad Spiced Pears
29 Hamburger Homemade Fries Coleslaw Tropical Fruit	30 Baked Ham Sweet Potato Normandy Blend Apricots	31 Meatloaf Mashed Potaotes Prince Charles Blend Strawberries		

### 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/AuSable-  
739-3668  
Sand Lake- 469-9361  
Tawas- 362-6892  
Janice- 739-3781  
Jeneane- 728-2206**