

# SEPTEMBER | 2021

## IOSCO COUNTY COMMISSION ON AGING




MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>30</b></p>	<p><b>31</b> ***** Please be aware that meals are subject to change due to availability of food. *****</p>	<p><b>1</b> Chicken Teriyaki Brown Rice Midori Blend Vegetables Pineapple</p>	<p><b>2</b> Spaghetti Tossed Salad Cauliflower Breadstick Chilled Peaches</p>	<p><b>3</b> Smothered Chicken Baked Potato Carrots Fruit Sorbet</p>
<p><b>6</b> CENTERS CLOSED</p> 	<p><b>7</b> Beef Taco Salad Mexican Corn Tossed Salad Apple Crisp</p>	<p><b>8</b> Chicken Wings Sweet Potato Fries Green Beans Grapes</p>	<p><b>9</b> Baked Ham Sweet Potatoes Normandy Blend Vegetables Mixed Fruit</p>	<p><b>10</b> Roast Beef Mashed Potatoes Green Beans Orange</p>
<p><b>13</b> Pizza Tossed Salad Italian Green Beans Fruit Parfait</p>	<p><b>14</b> Steak Sandwich Sweet Potato Fries Wax Beans Red Grapes</p>	<p><b>15</b> Chicken Chop Suey Brown Rice Midori Blend Vegetables Pineapple</p>	<p><b>16</b> Hamburger Homemade Fries Wax Beans Tropical Fruit Salad</p>	<p><b>17</b> Chicken Parmesan WG Spaghetti Noodles Tossed Salad Apple</p>
<p><b>20</b> Beef Stew Biscuit Cauliflower Peach Fluff</p>	<p><b>21</b> Vegetable Soup Chicken Wrap Tossed Salad Hot Peaches Delight</p>	<p><b>22</b> Roast Turkey Bread Stuffing Broccoli Beets Fruit Parfait</p>	<p><b>23</b> Meatloaf Red Bliss Potatoes Broccoli Applesauce</p>	<p><b>24</b> Lemon Pepper Fish Macaroni &amp; Cheese Broccoli Pears</p>
<p><b>27</b> Southwest Chicken Winter Blend Vegetables Peas &amp; Carrots Red Grapes</p>	<p><b>28</b> Goulash Tossed Salad Cauliflower Mixed Fruit</p>	<p><b>29</b> Liver &amp; Onions Mashed Potatoes Cauliflower Peaches</p>	<p><b>30</b> Baked Chicken Breast Sweet Potatoes Broccoli Apple Crisp</p>	<p><b>1</b></p>

### News

Please call your preferred center to make reservations one day in advance. Suggested Donation: 60+ is \$3.00. Participants under 60 must pay the Center Host \$7.50.



### IMPORTANT NUMBERS

Hale Center - 728-4251  
Oscoda/AuSable Center - 739-3668  
Sand Lake Center - 469-9361  
Tawas Center - 362-6892  
Janice - 739-3781  
Jeneane - 728-2206