





JULY 2024

IOSCO COUNTY COMMISSION ON AGING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chef Salad (with Ham & Turkey) Carrots & Dip Cornbread Fruit with Jello	2 Beef Pepper Steak over Rice Stir Fry Vegetables Watermelon	3 Hot Dog with Coney Sauce Potato Wedges Cole Slaw Cantaloupe	4  Centers Closed	5 ICCOA Closed for the holiday. 
8 Parmesan Chicken Spaghetti Noodles Green Beans Garlic Toast Orange	9 Boneless Pork Chops Scalloped Potatoes Wax Beans Strawberries	10 Chicken Taco Salad Refried Beans Tortilla Chips Pineapple	11 Meatloaf Red Bliss Potatoes Broccoli Applesauce	12 BBQ Chicken Thighs Baked Beans Carrots Red Grapes
15 Lasagna Breadstick or Garlic Toast Italian Blend Vegetables Diced Pears	16 Chicken Tenders Cheesy Potatoes Green Beans Biscuit Apple	17 Sheppard's Pie Beets Biscuit Mixed Fruit	18 Pulled Pork Sandwich Mashed Potatoes Carrots Cantaloupe & Honeydew	19 Liver & Onions Rice Pilaf Carrots Watermelon
22 Chicken & Dumplings Peas & Carrots Tossed Salad Banana	23 Hamburger Tator Tots Coleslaw Tropical Fruit Cup	24 Pork Roast Sweet Potatoes Cauliflower Fruit Parfait	25 Salisbury Steak Mashed Potatoes Green Benas Pudding Cup	26 Lemon Pepper Fish Mac & Cheese Mixed Vegetables Grapes
29 Roast Beef Mashed Potatoes Waxed Beans Orange	30 Cook's Choice Come and enjoy a surprise meal with us. (Shhhh..It's a secret!)	31 Ham & Potatoes Au Gratin Brussel Sprouts Hot Peach Delight		

NEWS

Please call your preferred center to make reservations one day in advance. Suggested Donation – 60+ is \$4.00. Participants under 60 must pay the Center Host \$7.50.

IMPORTANT NUMBERS

Hale Center – 989-728-4251

Sand Lake Center – 989-469-9361

Jeneane – 989-728-2206

Oscoda Center – 989-739-3668

Tawas Center – 989-362-6892

Shirley – 989-739-3781

JULY 2024

Please be aware that meals are subject to change due to food availability.

-