

JANUARY | 2025

IOSCO COUNTY COMMISSION ON AGING

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

CONGREGATE & HOME DELIVERED MEAL CLIENTS The ICCOA will send your emergency meals to keep in your freezer. During a closure, please eat your emergency meal. The closure announcement can be heard on WKJC on the radio. Remember to keep your driveways and sidewalks clear of debris to protect our drivers. Also, be sure that your animals are under your control to ensure the safety of drivers. The ICCOA greatly appreciates your donations for the Home Delivered Meal Program. They are crucial to our operations. Thank you!		1 HAPPY NEW YEAR! 2025 All Centers Closed	2 Chicken Teriyaki Brown Rice Midori Blend Vegetables Pineapple	3 Tomato Soup 1/2 Sandwich Green Beans Apricots
6 Baked Ham Sweet Potatoes Carrots Peaches	7 BBQ Pulled Pork Sandwich Parsley Noodles Cole Slaw Mixed Fruit	8 Baked Ziti Tossed Salad Peas Diced Peas	9 Chicken Taco Salad Mexican Corn Tortilla Chips Apple	10 Sweet & Sour Meatballs Rice Pilaf Green Beans Banana Pudding Cup
13 Tuna Noodle Casserole Peas & Carrots Biscuit Red Grapes	14 Pizza Supreme Tossed Salad Carrot Sticks Fruit Parfait	15 Smothered Chicken Baked Potato Carrots Chilled Peaches	16 Roast Beef Mashed Potatoes Green Beans Ambrosia Salad	17 Liver & Onions Rice Pilaf Brussel Sprouts Hot Peach Delight
20 Bacon Cheeseburger Waffle Fries Cole Slaw Mixed Fruit	21 Polish Sausage & Sauerkraut Diced Potatoes Wax Beans Orange	22 Pork Roast Mashed Potatoes Green Beans Apple Crisp	23 Chef Salad Ham & Turkey Cole Slaw Fruit with Jello	24 Meatloaf Red Bliss Potatoes Wax Beans Applesauce
27 Chicken Alfredo Spaghetti Noodles Green Beans Peach Fluff	28 COOK'S CHOICE Come & Enjoy a Surprise Meal with Us.	29 Vegetable Beef Soup 1/2 Sandwich Tossed Salad Breadstick Blueberry Cobbler	30 Baked Chicken Breast Sweet Potatoes Normandy Blend Vegetables Apple Crisp	31 Baked Swai Mac & Cheese Roast Brussel Sprouts Fruit Parfait

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

NEW PRICE
 \$7.50 for guests under age 60

IMPORTANT NUMBERS
 Hale Center (989) 728-4251
 Oscoda/AuSable (989) 739-3668
 Sand Lk. Center (989) 469-9361
 Tawas Center (989) 362-6892
 Shirley (989) 739-3781
 Jeneane (989) 728-2206

Due to the high cost of food, we had to raise the amount of our suggested donation to \$4.00 for both Congregate meals at our centers and our Home Delivered Meals. Our costs have doubled over the past few years and there has not been any increase to our suggested amount in at least 10 years. Unfortunately, in order for the ICCOA to continue providing nutritious meals to area seniors, we have had to resort to increasing the suggested donation.

TO ALL THOSE WHO DINE WITH US FOR LUNCH OR DINNER
 When preparing meals at our centers, we do not add salt to our food. As we all know, processed products contain sodium. If the recipe calls for this processed product, it may affect the taste of your food. We are required by NEMCSA to follow their dietary guidelines which benefits you with a well balanced meal

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