

ADRC of Monroe County Meal Program/Senior Dining Sites Cashton, Kendall, Norwalk, Sparta, Tomah & Wilton

**There is a suggested donation of \$4.00
for each congregate meal or each
home delivered meal.**

JANUARY 2023

The menu is subject to change. There may be a substitution due to shortage in supply or other reason beyond our control. No additional salt added.

| 2 | 3 | 4 | 5 | 6 |
|--|--|---|--|---|
| CLOSED - NO MEALS | 3oz BBQ Chicken Breast 1 Whole Grain Bun 1/2c Potato Wedges 1/2c Winter Squash 1ea BBQ Packet 1 Apple Turnover 8oz 1% Milk | 3oz Pork Loin 1/2c Lyonnaise Potatoes 1/2c Carrots 1ea Whole Grain Bread/Butter 1c Mixed Green Salad 1ea Dressing Packet 8oz 1% Milk | 3oz Smoked Sausage w/Peppers & Onions 1ea WG Brat Bun/Ketchup/Mustard 1/2c Cheesy Hashbrowns 1/2c Three Bean Salad 1/2c Peaches 1ea Blueberry Muffin/Butter 8oz 1% Milk | 3oz Pizza Burger w/Cheese Slice 1 Whole Grain Bun 1/2c French Fries 1/2c California Medley 1/2c Fresh Fruit Mix 1 Ketchup 8oz 1% Milk |
| 9 | 10 | 11 | 12 | 13 |
| 3oz Grilled Ham 1/2c Scalloped Potatoes 1/2c Green Beans 1ea Whole Grain Bread/Butter 1/2c Apricots 1 Handheld Cherry Pie 8oz 1% Milk | 1c Chicken ala King 1 Buttermilk Biscuit 1/2c Mixed Vegetables 1 Pumpkin Bread 1 Butter 1 Apple 8oz 1% Milk | 3oz Turkey & Cheddar Sandwich 1 Whole Grain Bun 1/2c Potato Salad 1/2c Baked Beans 1 Mayo Packet 1/2c Peaches 8oz 1% Milk | 3oz Beef Tips w/Mushrooms 2oz Gravy 1/2c Mashed Baby Reds 1/2c Carrots 1/2c Orange Juice 1ea Whole Grain Bread/Butter 1 Rice Krispie Treat 8oz 1% Milk | 1c Tuna Noodle Casserole 1/2c Chateau Blend Vegetables 1ea Whole Grain Bread/Butter 1c Spinach Salad 1ea Raspberry Vinaigrette 1/2c Diced Pears 8oz 1% Milk |
| 16 | 17 | 18 | 19 | 20 |
| 3oz Pulled Pork Sandwich 1 BBQ Packet 1 Whole Grain Bun 1/2c Winter Squash 1/2c Coleslaw 1/2c Applesauce 8oz 1% Milk | 3 oz Chicken Parmesan 1/2c Cavatappi Noodles 1/2c Broccoli 1ea Breadstick/Butter 1 Fresh Fruit 1 Pumpkin Bar 8oz 1% Milk | 3oz Meatloaf 1/2c Mashed Potatoes 2oz Gravy 1/2c Festive Bean Salad 1/2c Peas 1ea WG Bread/Butter 1/2c Fresh Fruit Mix 8oz 1% Milk | 8oz Loaded Baked Potato Soup 1pkt Crackers 3oz Ham & Cheese on 1 Whole Grain Bun 1/2c Carrots w/Ranch Dip 1/2c Peaches 1ea Mayo & Mustard Packet 8oz 1% Milk | 1c Beef & Broccoli 1/2c Fried Rice 1 Vegetable Egg Roll 1/2c Fresh Fruit Mix 1ea Cherry Bread/Butter 1ea Soy Sauce/Sweet & Sour Packet 8oz 1% Milk |
| 23 | 24 | 25 | 26 | 27 |
| 3oz Salisbury Steak 1/2c Mashed Potatoes 2oz Gravy 1/2c Green Beans 4oz Tomato Juice 1ea Whole Grain Bread/Butter 1/2c Apricots 8oz 1% Milk | 3oz Pork Carnitas 1/2c Lettuce 1ea Salsa Packet & Cheese 1 Whole Grain Tortilla 1/2c ea Spanish Rice & Black Beans 1/2 c Applesauce 1 Chocolate Chip Cookie 8oz 1% Milk | 1c Pizza Casserole 1/2c Whole Grain Pasta 1 Garlic Breadstick 1c Mixed Green Salad 1 Dressing Packet 1/2c Pineapple 8oz 1% Milk | 3oz Creamy Tuscan Chicken w/Cherry Tomatoes & Spinach 1/2c Wild Rice Blend 1c Beet Salad w/Arugula 1ea Balsamic Dressing 1 Orange 1 Handheld Apple Pie 8oz 1% Milk | 3oz Fish Sandwich w/Cheese Slice 1 Whole Grain Bun 1/2c Seasoned Potatoes 1/2c Caprese Pasta Salad 1/2c Fresh Seasonal Fruit 1 Tartar Sauce 8oz 1% Milk |
| 30 | | | | |
| 3oz Chili Cheese Dog 1 Whole Grain Bun Diced Onion/Mustard 1/2c Baked Beans 1/2c Macaroni & Cheese 1 Apple 8oz 1% Milk | | | | ADRC Nutrition Program Main Number is (608) 269-8692 |

Please call by NOON 1 day before to reserve your meal. Food allergies or intolerances are not able to be accommodated.

Cashton 377-3831 • Kendall 463-7622 • Norwalk 343-3158 • Sparta 269-6778 • Tomah 372-7291 • Wilton 487-6130