

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.**

FEBRUARY 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.

Monday	Tuesday	Wednesday	Thursday	Friday
	January 31	1	2	3
	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 Meatloaf 1/2c Mashed Potatoes 2oz Gravy 1/2c Mixed Vegetable 1cp/1 Mixed Green Salad/Drg 1ea WG Bread/Butter 1 Peanut Butter Cookie 8oz 1% Milk	1/2c Scrambled Eggs 1 Sausage Patty 4 French Toast Sticks 1/2c LS Tomato Juice 1 Fresh Orange 1 Morning Glory Muffin 1ea Butter/Syrup 8oz 1% Milk	3oz Parmesan Peppercorn Chix 1/2c Rice Pilaf 1/2c Normandy Blend Vegetables 1/2c Fresh Fruit Mix 1ea Rye Dinner Roll/Butter 1 Pumpkin Bar 8oz 1% Milk
6	7	8	9	10
3oz Beef Roast 1/2c Oven Rsted Baby Red Pot 1/2c Butternut Squash 1ea WG Bread/Butter 1 Cherry Pie Bar 8oz 1% Milk	3oz Pork Fajitas 1/2c Onions & Peppers 1 Flour Tortilla 1/2TB Salsa/Shredded Cheese 1/2c Seasoned Black Beans 1/2c Spanish Rice 1 P/A Upside Down Cake 8oz 1% Milk	1c Turkey & Rice Casserole 1/2c Garden Peas 1 Whole Grain Pita 1/4c Rsted Red Pepper Hummus 1 Angel Food Cake w/ Strawberries 8oz 1% Milk	1c Chicken Stir Fry 1/2c Asian Veg w/Bok Choy 1/2c Fried Rice 1 Vegetable Egg Roll 1cup Fresh Fruit Mix 1ea Soy Sauce/Sweet & Sour 8oz 1% Milk	1c Spaghetti Pasta Bakew/Meat 1c Spinach Salad/Dressing Pkt 1ea Garlic Breadstick/Butter 1/2c Pears 1ea Parmesan Cheese Packet 1 Black Bean Brownie 8oz 1% Milk
13	14	15	16	17
3oz Open Faced Turkey 1 slice Sandwich (WG Bread) 1/2c Mashed Potatoes 2 oz Gravy 1c/1Garden Salad/Dressing 1 Zucchini Spice Cake 8oz 1% Milk	1cup Chicken Ala King over 2 Biscuit Halves 1/2c Mixed Vegetables 1cup Fresh Fruit Mix 1 Heart Cookie 8oz 1% Milk	3oz Pork Fritter 2oz Country Gravy 1/2c Cowboy Beans 1/2c Glazed Baby Carrots 1ea Whole Grain Bread/Butter 1/2c Fruit Cocktail 1 Marble Cake 8oz 1% Milk	3oz Chicken Breast in Gravy 1/2c Parsley Potatoes 1/2c Brussels Sprouts 1 Whole Grain Bread 1 Butter 1/2c Fresh Fruit Mix 8oz 1% Milk	1 Cheeseburger 1 Whole Grain Bun 3 Tomato Slices 1/2c Seasoned Potatoes 1 Fresh Orange 1ea Ketchup/Mustard 1 Banana Choc Chip Cake 8oz 1% Milk
20	21	Ash Wednesday 22	23	24
1 Beef Hot Dog 1 Whole Grain Bun 2TBea Chili & Cheese 1/2c Potato Wedges 1/2c Baked Beans 1ea Ketchup/Mustard 1/2c Fresh Fruit Mix 8oz 1% Milk	3oz Chicken Chardonnay 1/2c Baked Penne w/Alfredo Sauce & Roasted Peppers 1/2c Roasted Vegetable Medley 1ea Rye Dinner Roll/Butter 1/2c Apple Juice 1 Zucchini Bar 8oz 1% Milk	3oz Lemon Pepper Cod 1 Baked Potato 1/2c Broccoli 1/2c Apricots 1ea WG Bread/Butter 1 Applesauce Cake 1ea Butter/Sr Crm/Tartar Sce 8oz 1% Milk	3oz Swedish Meatballs 2oz Gravy 1/2c Egg Noodles 1/2c Glazed Carrots 1ea WG Bread/Butter 1/2c Pears 1 Apple Crisp 8oz 1% Milk	3oz Fish Sandwich w/Cheese Sl. 1 Whole Grain Bun 1/2c Seasoned Potatoes 1/2c Pasta Salad 1cup Tropical Fruit Mix 1 Tartar Sauce 8oz 1% Milk
27	28			
3oz Glazed Ham 1/2c Scalloped Potatoes 1/2c Green Beans 1/2c Fresh Fruit Mix 1ea WG Bread/Butter 8oz 1% Milk	3oz/1 Sloppy Joes/WG Bun 1/2c Macaroni & Cheese 1cup Mixed Greens Salad/Dsg 1/2c Diced Peaches 1 Banana Bread/Butter 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