

# ADRC of Monroe County Meal Program/Senior Dining Sites

## Cashton, Kendall, Norwalk, Sparta, Tomah & Wilton

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

### MARCH 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
		<b>1</b>	<b>2</b>	<b>3</b>
		3 oz. Teriyaki Chicken 1/2c Brown Rice 1/2c Stir Fry Vegetables 1 Egg Roll 1 Sweet & Sour/Soy Sauce 1/2c Gelatin w/Fruit 8 oz. 1% Milk	1 Homestyle Brat on 1 Whole Grain Bun 1/4c Sauerkraut 1/2c Cowboy Baked Beans 1/2c Fresh Fruit Mix 1 Zucchini Spice Cake 1ea Ketchup/Mustard 8oz 1% Milk	3oz Tilapia 1/2c Penne w/Veggies/Black Bns 1/2c Sweet Potato 1ea WG Bread/Butter 1 Carnival Cookie 1 Tartar Sauce 8oz 1% Milk
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
3oz Chix Stuffing Bake/Swiss 1/2c Creamed Corn 1/2c Tomato Juice 1ea WG Bread/Butter 1 Apple 1 Seven Layer Bar 8 oz 1% Milk	1cup Turkey Tetrizzini 1/2c Buttered Peas 1cup Mixed Green Veg Salad 1 Dressing Packet 1ea WG Dinner Roll/Butter 1/2c Pears 8oz 1% Milk	1serv Cabbage Rolls 1/2c Scalloped Potatoes 1/2c Squash 1ea WG Bread/Butter 1/2c Pineapple 8oz 1% Milk	1c White Bean w/Kale Soup 2/1 Saltine Crackers/Butter 1/2c Chicken Salad 1 Whole Grain Bun 1/2cup Fruit Cocktail 1ea Oatmeal Raisin Cookie 8 oz 1% Milk	1c Crab Macaroni & Cheese 1/2c Broccoli 1ea WG Bread/Butter 1/2c Fresh Fruit Mix 1/2c Cranberry Fluff 8oz 1% Milk
<b>13</b>	<b>14</b>	<b>15</b>	<b>St. Patrick's Day Menu 16</b>	<b>17</b>
3oz Dijon Chicken 1/2c Parsley Buttered Pasta 1/2c Green Beans 1cup Fresh Fruit Mix 1 Pumpkin Pie 8oz 1% Milk	3oz Honey Ham 1/2c Wild Rice Pilaf 1/2c Brussels Sprouts 1ea WG Bread/Butter 1/2c Peaches 1/2c Ambrosia Salad 8oz 1% Milk	3oz Open Faced Hot Beef Sand 1 WG Bread 1/2c Mashed Potatoes 2oz Gravy 1cup Garden Salad 1 Dressing Packet 1 Mixed Fruit Pie 8oz 1% Milk	3oz Corned Beef 1/2c Boiled Cabbage 1/2c Baby Potatoes 1/2c Carrots 1ea Irish Soda Bun/Butter 1 Mint Brownie 8oz 1% Milk	1cup/2 Clam Chowder Soup/Crax 1 Three Cheese Sandwich 1/2c Black Bean Salad 1cup Fresh Fruit Mix 1 Nutrigrain Bar 8oz 1% Milk
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
1 Beef & Bean Burrito 1/2cup Spanish Rice 1/2cup Potato Rounds 1ea Ketchup/Salsa/Sr Cream 1 Fresh Orange 8 oz 1% Milk	3oz Chicken Cordon Bleu 1/2c Herbed Rice 1/2c California Medley 1ea WG Bread/Butter 1/4c Hummus 1/2c Carrots 1 Lemon Bar 8oz 1% Milk	1cup Goulash w/WG Pasta 1 cup Spinach & Craisin Salad 1 Balsamic Dressing Pkt 1 Breadstick 1/2c Fresh Fruit Mix 1 Apple Pie Bar 8oz 1% Milk	3oz Turkey & Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1ea Buttermilk Biscuit/Butter 1/2c Apricots 1 Black Bean Brownie 8oz 1% Milk	3oz Lemon Pepper Haddock 1/2c Cheese Tortellini w/Marinara 1/2c Lentil Salad 1/2c Glazed Carrots 1ea WG Bread/Butter 1 Tartar Sauce 1/2c Fresh Fruit Mix 8oz 1% Milk
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
3oz/1 Pork Chop Sand/ WG Bun 1/2c 3 Bean Salad 1/2c Hashbrown Casserole 1ea Cheese Slice/Mayo Pkt 1 Apple 8oz 1% Milk	3oz Jumbo Ravioli/Meat Sauce 1/2c Broccoli/Cauliflower Blend 1/2c Tropical Fruit 1ea Banana Bread/Butter 1 Cherry Hand Pie 8oz 1% Milk	3oz Chicken Marsala 1/2c Herbed Noodles 1/2c Normandy Blend Veggies 1cup/1 Caesar Salad/Dressing 1/2c Pears 8oz 1% Milk	3oz Cube Steakw/Mush & Onion 1/2c Mashed Potatoes/2oz Gravy 1/2c Green Beans 1/2c Applesauce 1ea WG Bread/Butter 8oz 1% Milk	1cup Tuna Noodle Casserole 1/2c Mixed Vegetables 1/2c Peaches 1ea Pumpnickel Bread/Butter 1piece Carrot Cake 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