

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.

APRIL 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
3	4	5	6	7
1/2c Scrambled Eggs 1 Sausage Patty 1/2c Parmesan Hashbrowns 1/2c Tomato Juice 1 Morning Glory Muffin 1tsp Butter 1 Fresh Orange 8oz 1% Milk	3oz Parmesan Chicken 1/2c Cavatappi Noodles 1/2c Green Beans 1cup/1 Garden Salad/Dressing 1 Breadstick 1/2c Applesauce 1 Pumpkin Bar 8oz 1% Milk	1cup Loaded Baked Potato Soup 1pkg Crackers 3oz Cold Ham & Cheese on 1ea WG Bun/Mayo/Mustard 1/2c Lentil Salad 1/2c Peaches 8oz 1% Milk	1cup Beef & Broccoli 1/2c Fried Rice 1 Vegetable Eggroll 1 Apple 1 Cherry Bread 1tsp Butter 1ea Soy/Sweet & Sour Sauce 8oz 1% Milk	Closed for Good Friday
10	11	12	13	14
3oz BBQ Beef Sandwich on 1 Whole Grain Bun 1/2c Potato Wedges 1/2c Italian Pasta Salad 1 Banana 1 Peach Turnover 1 BBQ Packet 8oz 1% Milk	3oz Pork Loin 1/2c Lyonnaise Potatoes 1/2c Squash 1cup Mixed Greens Salad 1 Dressing 1ea WG Bread/Butter 8oz 1% Milk	1cup Turkey & Rice Casserole 1/2c Garden Peas 1/4c Hummus 1/2c Celery Sticks 1 Whole Grain Bread/Butter 1serv Angel Food Cake with Seasonal Berries 8oz 1% Milk	3oz Smoked Sausage with Peppers & Onions 1 Whole Grain Brat Bun 1/2c Cheesy Hashbrowns 1/2c Fiesta Black Bean Salad 1/2c Fresh Fruit Mix 1ea Ketchup & Mustard 8oz 1% Milk	3oz Swedish Meatballs 1/2c Egg Noodles 1/2c Glazed Carrots 1ea WG Bread/Butter 1/2c Pears 1/2c Apple Crisp 8oz 1% Milk
17	18	19	20	21
1cup Chicken ala King 1 Buttermilk Biscuit 1/2c Mixed Vegetables 1 Apple 1 Zucchini Cake 1 Butter 8oz 1% Milk	3oz Beef Roast 1/2c Oven Roasted Potatoes 2oz Gravy 1/2c Candied Yams 1ea WG Bread/Butter 1/2c Fresh Fruit Mix 1 Blueberry Coffee Cake 8oz 1% Milk	1/2c Chicken Salad with Craisins 1 WG Bun 1cup Garden Salad w/Cucumber & Tomatoes 1/2c Potato Wedges 1/2c Fresh Fruit Mix 1 Dressing Packet 8oz 1% Milk	1cup Spaghetti w/Meat Sauce 1cup Spinach Salad 1/2c Pineapple 1 Garlic Breadstick 1 Parmesan Packet 1 Dressing Packet 1 Black Bean Brownie 8oz 1% Milk	3oz Turkey 2oz Gravy 1/2c Mashed Potatoes 1/2c Broccoli 1/2c Peaches 1ea WG Bread/Butter 1 Applesauce Cake w/Frosting 8oz 1% Milk
24	25	26	27	28
3oz Chicken Cordon Bleu 1/2c Au Gratin Potatoes 1/2c Stewed Tomatoes 1ea Banana Bread/Butter 1/2c Fruit Cocktail 8oz 1% Milk	3oz Turkey & Cheese Sand on 2 WG Bread 1/2c Pasta Salad 1 Whole Grain Sun Chips 1/2c Fresh Fruit Mix 1ea Mayo/Mustard 1 Rhubarb/Strawberry Upside Down Cake 8oz 1% Milk	3oz Salisbury Steak 1/2c Mashed Potatoes 2oz Gravy 1/2c Green Beans 1ea WG Bread/Butter 1/2c Apricots 8oz 1% Milk	3oz Pulled Pork Sand on 1 WG Bun 1/2c Tater Tots 1/2c Three Bean Salad 1/2c Coleslaw 1 BBQ Packet 1/2c Applesauce 8oz 1% Milk	3oz Tuscan Chicken w/Cherry Tomatoes & Spinach 1/2c Wild Rice Blend 1c Beet Salad w/Arugula 1 Balsamic Dressing Pkt 1 Orange 1 Cherry Hand Pie 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