

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 congregated meal or
each home delivered meal.

MAY 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
1	2	3	4	5
1c Italian Cheese Tortellini w/Smoked Sausage 1c Kale Salad w/ Apples Pecans/Raspberry Dressing 1/2c Diced Potatoes 1ea WG Bread & Butter 1/2c Peaches 8 oz 1% Milk	1 Pizza Burger on WG Bun 1 Provolone Cheese 1/2c Potato Wedges 1/2c Carrots 1/2c Fresh Fruit Mix 1 Ketchup 1 Oatmeal Raisin Cookie 8 oz 1% Milk	1c Pork Lo Mein 1/2c Asian Vegetables 1 Vegetable Spring Roll 1 Vanilla & Mango Muffin 1 Apple 1 Sweet & Sour Sauce 8 oz 1% Milk	1 Chicken Marsala 1/2c Herbed Buttered Noodles 1/2c Normandy Blend Veg 1 WG Bread 1 Butter 1c Caesar Salad/Dressing Pkt 1/2c Pears 8 oz 1% Milk	1c Tater Tot Casserole 1/2c Mixed Vegetables 3 Sliced Tomatoes 1ea WG Bread/Butter 1c Spinach Salad w/Mandarin Oranges & Sesame Dressing 8 oz 1% Milk
8	9	10	11	12
1c/1 Spaghetti Pasta Bake with Meat/Parmesan Packet 1c Garden Salad w/Dressing 1 Garlic Breadstick 1/2c Pears 1 Black Bean Choc. Cookie 8oz 1% Milk	1c Breakfast Sausage Casserole 1/2c Seasoned Potatoes 1/2c Tomato Juice 1 Blueberry Muffin/Butter 1/2c Fresh Fruit Mix 8 oz 1% Milk	3oz Glazed Chicken 1/2c Potato Wedges 1/2c Glazed Carrots 1/2c Applesauce 1 Whole Grain Bread/Butter 8 oz 1% Milk	3oz Beef Tips with Onions & Mushrooms 1/2c Cavatappi Noodles 1/2c Broccoli 1c Fresh Fruit 8oz 1% Milk	1ea Brat on a WG Bun 1/4c Sauerkraut 1/2c Homemade Potato Salad 1/2c 3-Bean Salad 1ea Ketchup/Mustard 1 Raspberry Pie Bar 8oz 1% Milk
15	16	17	18	19
3in Italian Sub on 1 Whole Grain Bun 3 Sliced Tomatoes 1/2c Pasta Salad 1oz Potato Chips 1/2c Pineapple 1 Mayo Packet 8oz 1% Milk	1c Chicken & Rice Casserole 1/2c Mixed Vegetables 1ea WG Bread/Butter 1/2c Fresh Fruit Mix 1 Raspberry Princess Bar (Walnuts & Coconut) 8oz 1% Milk	3oz Pork Loin 1 Baby Baked Potato 1ea Sour Cream & Butter 1c Mixed Green Salad 1/2c Carrots 1/2c Applesauce 1ea WG Bread & Butter 8oz 1% Milk	3oz Roasted Turkey 1/2c Parsnips/Squash 1/2c Oven Roasted Potatoes 1ea WG Bread & Butter 1/2c Fresh Fruit Mix 1 Chocolate Chip Cookie 8oz 1% Milk	CLOSED for ADRC of Monroe County Senior Celebration Meal
22	23	24	25	26
1/2c Egg Salad on 2 Whole Grain Bread 1/2c Cowboy Caviar 1oz Tortilla Corn Chips 1 Salsa Cup 1 Salted Caramel Oat Cookie 1 Banana 8oz 1% Milk	3oz Glazed Ham 1/2c Scalloped Potatoes 1/2c Green Beans 1ea WG Bread/Butter 1c Fresh Fruit Mix 8oz 1% Milk	1/2c Sloppy Joes 1 on Whole Grain Bun 1/2c Macaroni & Cheese 1c Mixed Green Salad 1 Dressing Packet 1c Pineapple 8oz 1% Milk	1c Chicken ala king over 1 Biscuit 1/2c Mixed Vegetable 1c Seasonal Fresh Fruit 1 Lemon Pound Cake 8oz 1% Milk	3oz Pork Fritters 2oz Country Gravy 1/2c Cowboy Beans 1/2c Baby Carrots 1ea WG Bread & Butter 1/2c Fresh Fruit Mix 1 Spiced Garbanzo Bean Cake 8oz 1% Milk
29	30	31	ADRC Nutrition Program Main Number is (608) 269-8692	
CLOSED for Memorial Day	3oz Roast Beef 2oz Gravy 1/2c Oven Roasted Potatoes 1/2c Candied Sweet Potatoes 1c Fresh Seasonal Fruit 1 Blueberry Coffee Cake 1 Butter 8oz 1% Milk	3oz Cold Ham & Cheese Sand 2 Slices WG Bread 1/2c Italian Pasta Salad 1oz WG Sun Chips 1c Seasonal Fresh Fruit 1 Rhub/Straw Upside Down Cake 1ea Mayo/Mustard 8oz 1% Milk	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	