**ADRC of Monroe County Meal Program/Senior Dining Sites- Cashton, Kendall, Norwalk, Sparta, Tomah & Wilton JULY 2023** (FINAL)
**T**he menu is subject to change. There may be a substitution due to a shortage in supply or other reason beyond our control.

Food Allergies/Intolerances are unable to be accommodated. Food is prepared without additional salt.
**Please call by NOON one (1) day before
 to reserve your meal.**

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

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| --- | --- | --- | --- | --- |
| **MONDAY** | **tuesday** | **wednesday** | **thursday** | **friday** |
|  | **3** |  | **4** |  | **5** |   | **6** |  | **7** |
| 131/2c1 bag1/2c18oz | 3-inch Italian Subs on Whole Grain Sliced Tomatoes. Pasta SaladPotato ChipsPineappleMayo Packet1% Milk |  | **CLOSED FOR HOLIDAY** | 3oz11ea1/2c1c/11ea1/2c8oz | Pork LoinBaby Baked PotatoButter & Sour CreamCarrotsMixed Green Salad/DrsgWG Bread/Butter Applesauce1% Milk | 3oz1/2c1/2c1ea1/2c18oz | Roasted TurkeyParsnips/SquashOven Roasted PotatoesWG Bread/ButterFresh Fruit MixChocolate Chip 1% Milk | 3oz1/2c2oz1/2c1/2c1ea1/2c8oz | MeatloafMashed PotatoesGravyPeasThree Bean Salad WG Bread/ButterPears1% Milk |
| 1/2c |  **10**Egg Salad on | 3oz |  **11**Glazed Ham | 1/2c |  **12**Sloppy Joes | 1cup |  **13**Chicken ala king over | 3oz |  **14**Pork Fritters |
| 2 slices | WG Bread | 1/2c | Scalloped Potatoes | 1 | WG Bun | 1 | Biscuit | 2oz | Country Gravy |
| 1/2c | Cowboy Caviar | 1/2c | Green Beans | 1/2c | Macaroni & Cheese | 1/2c | Mixed Vegetables | 1/2c  | Cowboy Beans |
| 1oz | Tortilla Corn Chips | 1ea | WG Bread/Butter | 1c | Mixed Green Salad | 1cup | Fresh Seasonal Fruit Mix | 1/2c | Baby Carrots |
| 1 11 8oz | Salsa CupSalted Caramel Oat Cookie Banana1% Milk | 1/2c8oz | Fresh Seasonal Fruit1% Milk | 11cup8oz | Dressing PacketPineapple1% Milk | 18oz | Lemon Pound Cake1% Milk | 1ea1/2c18oz | WG Bread/ButterFresh Fruit MixSpiced Garbanzo Bean Cake1% Milk |
|  | **17** |  | **18** |  | **19** |   | **20** |  | **21** |
| 1c1/2c1/2c11/2c18oz | Chicken AlfredoPasta BroccoliGarlic Breadstick Fruit CocktailAngel Food Cake withSeasonal Berries1% Milk | 3oz2oz1/2c1/2c1/2c1ea8oz | Beef RoastGravyOven Roasted Potatoes Candied Sweet Potatoes Fresh Seasonal FruitBlueberry Coffee Cake/Butter1% Milk | 3oz21/2c1oz1c1ea1/2c18oz | Cold Ham & Cheese Sand Slices WG BreadItalian Pasta SaladWG Sun Chips Seasonal Fresh FruitMayo/Mustard PacketSeasonal Fresh Fruit Rhub/Straw Upside Down Cake1% Milk | 1cup1/2c1c11ea1/2c8oz | Turkey TetrazziniButtered PeasMixed Green Salad withCucumbers/TomatoesDressing PacketWG Bread & Butter Peach (fresh)1% Milk | 3oz1311/2c1/2c1ea18oz | Cheeseburger on Whole Grain BunTomato SlicesRed Onion Slice Potato SaladItalian Style Baked BeansKetchup/MustardApple1% Milk |
|  | **24** |  | **25** |  | **26** |  | **27** |  | **28** |
| 1serv1/2c | Cabbage RollsColcannon Irish Ms Pot | 3oz/12TBea | Beef Hot Dog on WG BunChili & Cheese | 1serv1/2c | Chicken Chimichanga Black Bns w/Red & Green Pepper | 3oz1slice | Turkey Open Faced Sand WG Bread | 3oz | Beef Tips in Pesto Cream Sauce |
| 1/2c  | Roasted Beets | 1TB | Diced Onions | 1/2c | Spanish Rice | 2oz | Gravy | 1/2c | Buttered Noodles |
| 1/2c | Creamy Cucumber Salad | 1/2c | Steakhouse Potato Salad | 1ea | Sour Cream/Salsa | 1/2c | Mashed Potatoes  | 1/2c | Fresh Corn |
| 1ea | Rye Bread/Butter | 1/2c | Stewed Tomatoes | 1/2c | Fresh Seasonal Fruit Mix | 1c | Mixed Green Salad | 1/2c | Fresh Seasonal Fruit Mix |
| 1 | 1% Milk | 1/2c/1ea18oz | Baked Beans/Ket/MustardPlums (fresh) 1% Milk | 18oz | Sugar Cookie1% Milk | 11/2c8oz | DressingPears1% Milk | 18oz | Beetroot Chocolate Cake 1% Milk |
|  | **31** |  |  |  |  |
| 3oz1/2c1/2c1/2c1ea1/2c8oz | Chicken Piccata Seasoned Rice PilafBroccoliRainbow Chard w/Lemon VinaigretteWG Bread/ButterTropical Fruit1% Milk |  |  |  |  |