**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** |
| 1  3 1/2c 1 bag 1/2c  1 8oz | 3-inch Italian Subs on Whole Grain  Sliced Tomatoes.  Pasta Salad Potato Chips  Pineapple Mayo Packet 1% Milk | |  | **CLOSED FOR HOLIDAY** | | 3oz 1 1ea 1/2c 1c/1  1ea  1/2c 8oz | Pork Loin Baby Baked Potato Butter & Sour Cream Carrots  Mixed Green Salad/Drsg WG Bread/Butter  Applesauce 1% Milk | | 3oz 1/2c 1/2c 1ea 1/2c 1 8oz | Roasted Turkey  Parsnips/Squash Oven Roasted Potatoes WG Bread/Butter Fresh Fruit Mix Chocolate Chip  1% Milk | | 3oz 1/2c 2oz 1/2c  1/2c  1ea  1/2c 8oz | Meatloaf Mashed Potatoes Gravy Peas Three Bean Salad  WG Bread/Butter  Pears 1% 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  1 1  8oz | Salsa Cup Salted Caramel Oat Cookie  Banana 1% Milk | | 1/2c 8oz | Fresh Seasonal Fruit  1% Milk | | 1  1cup 8oz | Dressing Packet  Pineapple 1% Milk | | 1 8oz | Lemon Pound Cake 1% Milk | | 1ea 1/2c 1 8oz | WG Bread/Butter  Fresh Fruit Mix Spiced Garbanzo Bean Cake  1% Milk | |
|  | | **17** |  | | **18** |  | | **19** |  | | **20** |  | | **21** |
| 1c  1/2c 1/2c 1 1/2c  1  8oz | Chicken Alfredo  Pasta  Broccoli Garlic Breadstick  Fruit Cocktail  Angel Food Cake with  Seasonal Berries 1% Milk | | 3oz 2oz 1/2c 1/2c 1/2c  1ea  8oz | Beef Roast  Gravy Oven Roasted Potatoes  Candied Sweet Potatoes  Fresh Seasonal Fruit  Blueberry Coffee Cake/Butter 1% Milk | | 3oz 2 1/2c  1oz  1c 1ea 1/2c  1 8oz | Cold Ham & Cheese Sand  Slices WG Bread Italian Pasta Salad WG Sun Chips  Seasonal Fresh Fruit Mayo/Mustard Packet  Seasonal Fresh Fruit Rhub/Straw Upside Down Cake 1% Milk | | 1cup 1/2c 1c  1 1ea  1/2c 8oz | Turkey Tetrazzini Buttered Peas Mixed Green Salad with Cucumbers/Tomatoes  Dressing Packet WG Bread & Butter  Peach (fresh)  1% Milk | | 3oz  1  3  1 1/2c  1/2c  1ea  1  8oz | Cheeseburger on  Whole Grain Bun Tomato Slices Red Onion Slice  Potato Salad Italian Style Baked Beans  Ketchup/Mustard Apple 1% Milk | |
|  | | **24** |  | | **25** |  | | **26** |  | | **27** |  | | **28** |
| 1serv 1/2c | Cabbage Rolls Colcannon Irish Ms Pot | | 3oz/1  2TBea | Beef Hot Dog on WG Bun  Chili & Cheese | | 1serv  1/2c | Chicken Chimichanga  Black Bns w/Red & Green Pepper | | 3oz 1slice | 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/1ea  1  8oz | Baked Beans/Ket/Mustard Plums (fresh)  1% Milk | | 1 8oz | Sugar Cookie 1% Milk | | 1 1/2c 8oz | Dressing Pears 1% Milk | | 1 8oz | Beetroot Chocolate Cake  1% Milk | |
|  | | **31** |  | |  |  | |  |
| 3oz 1/2c 1/2c 1/2c  1ea  1/2c  8oz | Chicken Piccata  Seasoned Rice Pilaf Broccoli Rainbow Chard w/Lemon  Vinaigrette WG Bread/Butter  Tropical Fruit 1% Milk | |  |  | |  |  | |