

# ADRC of Monroe County Meal Program/Senior Dining Sites

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

### SEPTEMBER 2023

There is a suggested contribution of  
\$4.00 - \$7.00 for each congregate meal  
or each home delivered meal.

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
				3oz Pork Fritters 2oz Country Gravy 1/2c Cowboy Beans 1/2c Baby Carrots 1ea WG Bread & Butter 1serv Seasonal Fruit 1serv Spiced Garbanzo Bean Cake 8oz 1% Milk
4	5	6	7	8
<b>CLOSED FOR HOLIDAY</b>	3oz Beef Roast 2oz Gravy 1/2c Oven Roasted Potatoes 1/2c Candied Sweet Potatoes 1serv Fresh Seasonal Fruit 1serv Blueberry Coffee Cake 1 Butter 8oz 1% Milk	3oz Cold Ham & Cheese Sand 2slices WG Bread 1/2c Italian Pasta Salad 1oz WG Sun Chips 1cup Fresh Fruit Mix 1ea Mayo/Mustard Packet 1 Rhub/Straw Upside Down Cake 8oz 1% Milk	1cup Turkey & Rice Casserole 1/2c Buttered Peas 1cup Mixed Green Garden Salad 1 Dressing Packet 1ea WG Bread & Butter 1 Fresh Peach 8oz 1% Milk	3oz/1 Cheeseburger on WG Bun 3sl/1sl Tomato/Red Onion 1/2c Potato Salad 1/2c Italian Style Baked Beans 1ea Ketchup/Mustard Packet 1 Fresh Apple 8oz 1% Milk
11	12	13	14	15
3oz Cabbage Rolls 1/2c Colcannon (Irish Ms Pot) 1/2c Roasted Beets 1/2c Creamy Cucumber Salad 1ea Rye Bread/Butter 8oz 1% Milk	1/1 Beef Hot Dog on WG Bun 2TB/1TB Chili&Cheese/Diced Onions 1/2c Steakhouse Potato Salad 1/2c Stewed Tomatoes 1/2c Baked Beans 1ea Ketchup/Mustard 1 Fresh Plums 8oz 1% Milk	1serv Chicken Chimichanga 1/2c Black Beans with Red & Green Peppers 1/2c Spanish Rice 1cup Fresh Fruit Mix Sugar Cookie 1ea Sour Crem/Salsa 8oz 1% Milk	3oz Turkey Open Faced Sand 1 W/G Bread 2oz Gravy 1/2c Mashed Potatoes 1cup/1 Mixed Green Garden Salad/Dressing 1/2c Pears 8oz 1% Milk	3oz Beef Tips in Pesto Cream Sce 1/2c Buttered Noodles 1/2c Fresh Corn 1 Seasonal Fruit 1serv Beetroot Chocolate Cake 8oz 1% Milk
18	19	20	21	22
3oz Chicken Piccata 1/2c Seasoned Rice Pilaf 1/2c Broccoli 1cup Rainbow Chard w/ Lemon Vinaigrette Dressing 1ea WG Bread & Butter 1/2c Tropical Fruit 8oz 1% Milk	3oz Breaded Pork w/Brandy Apple Glaze 1/2c Mashed Sweet Potatoes 1/2c Asparagus 1/2c Fresh Fruit Mix 1 WG Rice Krispy Treat 1 Butter 8oz 1% Milk	3oz Swiss Cube Steak with Mushrooms & Onions 1/2c Cheesy Scalloped Potatoes 1/2c Oven Roasted Cauliflower 1ea WG Bread & Butter 1 Apple 8oz 1% Milk	3oz Lemon Pepper Haddock 1/2c Roasted Zucchini 1/2c Rice Pilaf 1/2c Mediterranean Bean Salad 1ea Rye Bread/Butter 1/2c Applesauce 1 Tartar Sauce 8oz 1% Milk	3oz Chicken Stuffed with Broccoli & Cheese 1/2c Mashed Baby Red Potatoes 1/2c Roasted Brussels Sprouts 1ea Bread & Butter 1serv Fresh Seasonal Fruit 1 Lemon Bar 8oz 1% Milk
25	26	27	28	29
1cup Italian Cheese Tortellini w/Smoked Sausage 1cup Kale Salad w/Apples, Pecans & Raspberry Drsg 1/2c Diced Potatoes 1ea WG Bread & Butter 1/2c Peaches 8oz 1% Milk	3oz/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 8oz 1% Milk	1cup Pork Lo Mein 1/2c Asian Vegetables 1 Vegetable Spring Roll 1 Vanilla & Mango Muffin 1 Apple 1 Sweet & Sour Sauce 8oz 1% Milk	3oz Chicken Marsala 1/2c Herbed Buttered Noodles 1/2c Normandy Blend Veg 1ea WG Bread & Butter 1cup Caesar Salad/Dressing Pkt 1/2c Pears 8oz 1% Milk	1cup Tater Tot Casserole 1/2c Mixed Vegetables 3 Sliced Tomatoes 1ea WG Bread & Butter 1cup Spinach Salad w/Mandarin Oranges & Sesame Dressing 8oz 1% Milk

Food allergies or intolerances are unable to be accommodated. ADRC Nutrition Program Main Number is (608) 269-8692

**Please call by NOON 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