

ADRC of Monroe County Meal Program/Senior Dining Sites Cashton, Kendall, Norwalk, Sparta, Tomah & Wilton

NOVEMBER 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	2	3
<p>Food allergies or intolerances are unable to be accommodated. ADRC Nutrition Program Main Number is (608) 269-8692</p>				
6	7	8	9	10
<p>3oz Polska Kielbasa 1/2c Creamy Kale & Pasta Bake 1/2c Roasted Carrots 1/2c Peaches 1ea WG Bread & Butter 1 Ketchup Packet 8oz 1% Milk</p>	<p>3oz Glazed Chicken 1/2c Potato Wedges 1cup Mixed Green Garden Salad 1 Dressing 1/2c Applesauce 1ea Pumpernickel Roll/Butter 1 Yogurt Cup 8oz 1% Milk</p>	<p>3oz/1 Cheeseburger w/WG Bun 3/1 Tomato Slices/Red Onion 1ea Ketchup & Mustard Packet 1/2c Potato Salad 1/2c Cowboy Beans 1/2c Tropical Fruit 8oz 1% Milk</p>	<p>8oz White Bean & Kale Soup 2 Saltines 3oz Turkey/Cheese Cold Sand 2sl Whole Grain Bread 1/2c Raw Broccoli 1/2c Fresh Fruit Mix 1/2c Butterscotch Pudding 8oz 1% Milk</p>	<p>3oz Beef Tips 2oz Mushroom Gravy 1/2c Hearty Mashed Potatoes 1 Seasoned Corn 1ea Seasonal Hand Fruit 1 WG Bread & Butter 1 Oatmeal Raisin Cookie 8oz 1% Milk</p>
13	14	15	16	17
<p>1cup Spaghetti Bake w/Mt Sce 1/2c Broccoli 1 Garlic Bread 1 Parmesan Cheese Pkt 1/2c Pears 1 Black Bean Cookie 8oz 1% Milk</p>	<p>3oz/1 Pulled Pork Sandwich on 1ea Whole Grain Bun/BBQ Pkt. 1/2c Winter Squash 1/2c Coleslaw 1 Whole Grain Sun Chips 1/2c Applesauce 8oz 1% Milk</p>	<p>1c Taco Tot Casserole 1/2c Spanish Rice 1cup Fresh Fruit Mix 1ea WG Bread & Butter 1 Taco Sauce Packet 1 Churro Cookie 8oz 1% Milk</p>	<p>3oz Herbed Chicken Breast 1/2c Cheese Tortellini 1/2c California Medley 1/2c/1 Mashed Sweet Pot/Butter 1 Seasonal Hand Fruit 1 WG Rice Krispy Treat 8oz 1% Milk</p>	<p>3oz Fish Sandwich w/Cheese 1ea WG Bun/Tartar Sauce 1/2c Seasoned Potato Cubes 1cup Mixed Garden Salad 1 Dressing Packet 1/2c Pineapple 8oz 1% Milk</p>
20	21	22	23	24
<p>3oz Chicken Parmesan 1/2c Buttered Noodles 1/2c Green Beans 1 Breadstick 1/2c Applesauce 1 Pumpkin Bar 8oz 1% Milk</p>	<p>3oz Pork Fritter 2oz Country Gravy 1/2c Au Gratin Potatoes 1/2c Roasted Carrots 1/2c Fruit Cocktail 1 Spiced Garbanzo Bean Cake 8oz 1% Milk</p>	<p>3oz Turkey 1/2c Stuffing 1/2c Mash Potatoes/2oz Gravy 2TB Cranberry Relish 1ea WG Bread & Butter 1 Pumpkin Pie 8oz 1% Milk</p>	<p>CLOSED <i>Happy Thanksgiving</i></p>	<p>CLOSED</p>
27	28	29	30	
<p>3oz Pork Loin ala Florentine 1/2c Baby Baked Potato 1ea Butter & Sour Cream 1/2c Carrots 1ea WG Bread & Butter 1ea Sliced Apples/PB Cup 8oz 1% Milk</p>	<p>1cup Southern Turkey & Rice 1/2c Roasted Butternut Squash 1/2c Peas 1/2c Peaches 1ea Pumpernickel Bun/Butter 1 Carrot Cake 8oz 1% Milk</p>	<p>3oz Chicken Marsala 1/2c Herbed Buttered Noodles 1/2c Normandy Blend Veg 1cup Caesar Salad w/Dressing 1/2c Pears 1ea Whole Grain Bread/Butter 8oz 1% Milk</p>	<p>3oz/1 Beef Hot Dog on WG Bun 2TBa Chili & Cheese 1TB Diced Onions 1/2c Potato Salad 1/2c Baked Beans 1 Seasonal Hand Fruit 1ea Ketchup/Mustard 8oz 1% Milk</p>	

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