

ADRC of Monroe County Meal Program/Senior Dining Sites

Cashton, Kendall, Norwalk, Sparta, Tomah & Wilton

DECEMBER 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
<p>Food allergies or intolerances are unable to be accommodated. ADRC Nutrition Program Main Number is (608) 269-8692</p>				<p>1cup Pizza Casserole w/WG Pasta 1 Garlic Breadstick 1cup Mixed Green Garden Salad 1 Dressing Packet 1/2c Fresh Fruit Mix 1/2c Apple Crisp 8oz 1% Milk</p>
4	5	6	7	8
<p>3oz Chicken Sand. w/Cheese 1 Whole Grain Bun 1pkt Mayo 1/2c Green Beans 1oz Whole Grain Sun Chips 1/2c Waldorf Salad/Grk Yogurt 8oz 1% Milk</p>	<p>3oz Honey Glazed Ham 1/2c Scalloped Potatoes 1c/1 Spring Mix/Dressing 1/2c Apricots 1ea Whole Grain Bread/Butter 1/2c Tomato Juice 8oz 1% Milk</p>	<p>1cup Beef & Broccoli Stir-Fry 1/2c Lo Mein Noodles 1/2c Asian Vegetables 1 Soy Sauce Packet 1ea Egg Roll with Swt/Sr Sauce 1ea Fresh Seasonal Hand Fruit 1 Banana Choc Chip Muffin 8oz 1% Milk</p>	<p>1cup Chicken Divan over 1/2c Brown Rice 1/2c Pears 1/2c Three Bean Salad 1 Rhubarb Cake 1ea Whole Grain Bread/Butter 8oz 1% Milk</p>	<p>1serv Jumbo Ravioli w/Meat Sce 1/2c Roasted Cauliflower 1cup Spinach Salad w/walnuts 1 Balsamic Dressing 1 Whole Grain Bread & Butter 1 Pound Cake w/Seasonal Fruit Glaze 8oz 1% Milk</p>
11	12	13	14	15
<p>1cp/1pkt Loaded Bk Pot Soup/Crax 3oz Cold Ham & Cheese Sand 1 Whole Grain Bun 1/2c/1 Carrots w/Ranch Dip 1 Peach Pie Bar 1ea Mayo & Mustard 8oz 1% Milk</p>	<p>3oz German Style Beef Tips 1/2c Hearty Mashed Potatoes 1/2c Red Cabbage Salad 1ea Whole Grain Bread/Butter 1 Pumpkin Pie 8oz 1% Milk</p>	<p>1cup Reuben Casserole 1/2c Green Beans 1/2c Wild Rice 1/2c Broccoli Salad with Almonds/ Cranberries 1/2c Fresh Fruit Mix 8oz 1% Milk</p>	<p>3oz Meatloaf 1/2c Mashed Pot/2oz Gravy 1/2c Peas 1/2c Peaches 1ea Whole Grain Bread/Butter 1 Nutri-Grain Bar 8oz 1% Milk</p>	<p>1cup Chicken ala King 1 Buttermilk Biscuit 1/2c Mixed Vegetables 1/2c Fresh Fruit Mix 1 Apple Spice Cake 8oz 1% Milk</p>
18	19	20	21	22
<p>3oz Meatball Sub w/Marinara 1 Whole Grain Bun 1oz Provolone Cheese 1/2c/1 Tater Tots/Ketchup 1/2c Green Beans 1 Pumpkin Bar 8oz 1% Milk</p>	<p>1/2c/1oz Scrambled Eggs/Saus Patty 1/4c Sausage Gravy 1 Buttermilk Biscuit 4oz Tomato Juice 1/2c Fresh Fruit Mix 1 Blueberry Muffin/Butter 8oz 1% Milk</p>	<p>3oz Turkey 1/2c Hearty Ms Potato/2oz Gravy 1/2c Brussels Sprouts 1/4c Cottage Cheese 1ea Whole Grain Bread/Butter 1/2c Fresh Fruit Mix 8oz 1% Milk</p>	<p>1/2c Sloppy Joe's 1 Whole Grain Bun 1/2c Macaroni & Cheese 1cup Mixed Green Garden Salad 1pkt Dressing 1cup Pineapple 8oz 1% Milk</p>	<p>3oz Stuffed Chix Cordon Bleu 1/2c Roasted Baby Red Potatoes 1/2c Roasted Snap Peas 1ea Whole Grain Bread/Butter 1/1oz Apple Slices w/Cubed Cheese 8oz 1% Milk</p>
25	26	27	28	29
<p>CLOSED</p> <p><i>Merry Christmas</i></p>	<p>CLOSED</p>	<p>3oz Cheeseburger on WG Bun 1ea Ketchup & Mustard 3oz Tomato Slices 1 Red Onion Slice 1/2c Potato Salad 1/2c Cowboy Beans 1/2c Tropical Fruit 8oz 1% Milk</p>	<p>3oz White Bean & Kale Soup 1pkt Crackers 3oz Cold Turkey/Cheese Sand 2sl On Whole Grain Bread 1/2c Raw Broccoli/Ranch Dip 1/2c Fresh Fruit Mix 1/2cup Butterscotch Pudding 8oz 1% Milk</p>	<p>3oz Beef Tips w/Mushroom Gravy 1/2c Hearty Mashed Potatoes 1/2c Seasoned Corn 1 Seasonal Hand Fruit 1ea Whole Grain Bread/Butter 1 Oatmeal Raisin Cookie 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