

ADRC of Monroe County Meal Program/Senior Dining Sites

Cashton, Kendall, Norwalk, Sparta, Tomah & Wilton

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

JANUARY 2024

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	4	5
CLOSED 	3 oz Pulled Pork Sandwich 1/1 Whole Grain Bun/BBQ Pkt 1/2c Winter Squash 1/2c Coleslaw 1 oz Whole Grain Sun Chips 1/2c Applesauce 8 oz 1% Milk	1 cup Taco Tot Casserole w/Black 1 pkt Beans & Corn/Taco Sauce 1/2c Spanish Rice 1 cup Fresh Fruit Mix 1 ea WG Bread/Butter 1 Churro Cookie 8 oz 1% Milk	3 oz Herbed Chicken Breast 1/2c Cheese Tortellini 1/2c California Medley 1/2c /1 MS Sweet Potatoes/Butter 1 Seasonal Hand Fruit 1 W/G Rice Krispy Treats 8 oz 1% Milk	3 oz Fish Sandwich w/Cheese 1/1 WG Bun/Tartar Sauce 1/2c Seasoned Potato Cubes 1 cup Mixed Green Garden Salad 1 Dressing Packet 1/2c Pineapple 8 oz 1% Milk
8	9	10	11	12
3 oz Chicken Parmesan 1/2c Buttered Noodles 1/2c Green Beans 1 Breadstick 1/2c Applesauce 1 Pumpkin Bar 8 oz 1% Milk	3 oz Pork Fritter 2 oz Country Gravy 1/2c Au Gratin Potatoes 1/2c Roasted Carrots 1 ea Spiced Garbanzo Bean Cake 1/2c Fruit Cocktail 8 oz 1% Milk	3 oz Beef Roast 1/2c Candied Sweet Potatoes 1/1 WG Bread/Butter 1 cup Fresh Fruit Mix 1 Coffee Cake 8 oz 1% Milk	3 oz Creamy Tuscan Chicken w/ Cherry Tom & Spinach 1/2c Wild Rice Blend 1/2c Garlic Roasted Parsnips 1 Handheld Cherry Pie 1 Seasonal Hand Frt-Orange 8 oz 1% Milk	3 oz/1 Breaded Fish/Tartar Sauce 1/2c Tabbouleh Salad 1/2c Winter Vegetable Blend 1/2c Cheesy Potatoes 1 Hummus w/Pretzels 1/2c Fresh Fruit Mix 8 oz 1% Milk
15	16	17	18	19
3 oz Pork Loin ala Florentine 1 Baby Baked Potato 1 ea Butter/Sour Cream 1/2c Carrots 1 ea WG Bread/Butter 1 ea Sliced Apples w/PB Cups 8 oz 1% milk	1 cup Southern Turkey & Rice Cas 1/2c Peas 1/2c Roasted Butternut Squash 1 ea Pumpernickel Bun/Butter 1/2c Peaches 1 Carrot Cake 8 oz 1% Milk	3 oz Chicken Marsala 1/2c Herbed Buttered Noodles 1/2c Normandy Blend Veg 1 ea WG Bread/Butter 1 cup Caesar Salad w/Drsg Packet 1/2c Pears 8 oz 1% Milk	3 oz/1 Beef Hot Dog/WG Bun 1 ea Ketchup & Mustard 2 TB Chili & Cheese/1TB Onion 1/2c Potato Wedges 1/2c Baked Beans 1 Seasonal Hand Fruit 8 oz 1% Milk	1 cup Pizza Casserole w/WG Pasta 1 Garlic Breadstick 1 cup Mixed Green Garden Salad 1 Dressing Packet 1/2c Fresh Fruit Mix 1 Apple Crisp 8 oz 1% Milk
22	23	24	25	26
3 oz Chicken Sandwich with 1/1 Cheese on WG Bun 1 ea Mayo Packet 1/2c Green Beans 1/2c Waldorf Salad w/Grk Yog 1 oz WG Sun Chips 8 oz 1% Milk	3 oz Honey Glazed Ham 1/2c Scalloped Potatoes 1 cup/1 Spring Mix/Dressing 1/2c Apricots 4 oz Tomato Juice 1 Whole Grain Bread/Butter 8 oz 1% Milk	1 cup Beef & Broccoli Stir-Fry 1/2c Lo Mein Noodles 1/2c/1 Asian Vegetables/Soy Sce 1 ea Egg Roll w/ Sweet & Sour 1 Fresh Seasonal Hand Fruit 1 Banana Choc Chip Muffin 8 oz 1% Milk	1 cup Chicken Divan over 1/2c Brown Rice 1/2c Pears 1/2c Three Bean Salad 1 ea WG Bread & Butter 1 Rhubarb Cake 8 oz 1% Milk	1 Jumbo Ravioli w/Meat Sauce 1/2c Roasted Cauliflower 1 cup Spinach Salad w/Walnuts 1 Balsamic Dressing 1 ea WG Bread/Butter 1 Pound Cake w/Seas.Frt Glaze 8 oz 1% Milk
29	30	31	<div style="background-color: #fff; padding: 10px; border: 1px solid black;"> <p>Please call by NOON 1 day before to reserve your meal.</p> <p>Cashton 377-3831 • Kendall 463-7622 • Norwalk 343-3158</p> <p>Sparta 269-6778 • Tomah 372-7291 • Wilton 487-6130</p> <p>Food allergies or intolerances are unable to be accommodated. ADRC Nutrition Program Main Number is (608) 269-8692</p> </div>	
8 oz Loaded Baked Pot Soup 1 Crackers 3 oz Ham & Cheese Cold Sand 1 on WG Bun 1/2c Carrots w/Ranch Dip 1 Peach Pie Bar 1 ea Mayo/Mustard Packet 8 oz 1% Milk	3 oz German Style Beef Tips 1/2c Hearty Mashed Potatoes 1/2c Red Cabbage Salad 1 ea WG Bread & Butter 1 Pumpkin Pie 8 oz 1% Milk	1 cup Reuben Casserole 1/2c Green Beans 1/2c Wild Rice 1/2c Fresh Fruit Mix 1/2c Broccoli Salad w/Slivered Almonds & Cranberries 8 oz 1% Milk		