

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.

FEBRUARY 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
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			3oz Meatloaf 1/2c Mashed Potatoes/2oz Gravy 1/2c Peas 1/2c Peaches 1ea W/G Bread & Butter 1 Nutri-Grain Bar 8oz 1% Milk	1c Chicken ala King 1 Buttermilk Biscuit 1/2c Mixed Vegetables 1/2c Fresh Fruit Mix 1 Apple Spice Cake 8oz 1% Milk
5	6	7	8	9
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	1/2c/1 Scrambled Eggs/Ssg Patty 1 Buttermilk Biscuit 1/4c Sausage Gravy 4oz Tomato Juice 1/2c Fresh Fruit Mix 1/1 Blueberry Muffin/Butter 8oz 1% Milk	3oz Turkey 1/2c Hearty Mash Pot/2oz Gravy 1/2c Brussels Sprouts 1/4c Cottage Cheese 1/2c Fresh Fruit Mix 1ea WG Bread/Butter 8oz 1% Milk	1/2c Sloppy Joe's 1 Whole Grain Bun 1/2c Macaroni & Cheese 1c Mixed Green Garden Salad 1 Dressing 1c Pineapple 8oz 1% Milk	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
12	13	14	15	16
3oz Polska Kielbasa 1 Ketchup Packet 1/2c Creamy Kale & Pasta Bake 1/2c Roasted Carrots 1ea Whole Grain Bread/Butter 1/2c Peaches 8oz 1% Milk	3oz Glazed Chicken 1/2c/1 Potato Wedges/Ketchup 1/2c Seasoned Corn 1/2c Applesauce 1 Yogurt Cup 1ea Pumpernickel Roll & Butter 8oz 1% Milk	3oz Lemon Pepper Cod 1 Baked Potato 1ea Butter/Sour Cream/Tartar Sauce 1/2c 3 Bean Salad • 1/2c Apricots 1ea Whole Grain Bread/Butter 1 piece Applesauce Cake 8oz 1% Milk	8oz Whole Bean & Kale Soup 1pkt Crackers 3oz Cold Turkey/Cheese Sandwich 2sl Whole Grain Bread 1/2c/1 Raw Broccoli/Ranch Dip 1/2c Fresh Fruit Mix 1/2c Butterscotch Pudding 8oz 1% Milk	1c Crab Macaroni & Cheese 1c Mixed Green Garden Salad 1pkt Salad Dressing 1 Seasonal Hand Fruit 1ea Whole Grain Bread & Butter 1 Oatmeal Raisin Cookie 8oz 1% Milk
19	20	21	22	23
1c Spaghetti Bake w/Meat 1/2c Broccoli 1 Garlic Bread 1 Parmesan Cheese Packet 1/2c Pears 1 Black Bean Cookie 8oz 1% Milk	3oz Pulled Pork Sandwich 1/1 Whole Grain Bun/BBQ Pkt 1/2c Winter Squash 1/2c Coleslaw 1oz Whole Grain Sun Chips 1/2c Applesauce 8oz 1% Milk	1c Taco Tot Casserole w/Black Beans/1pkt Taco Sauce 1/2c Spanish Rice 1c Fresh Fruit Mix 1ea Whole Grain Bread/Butter 1 Churro Cookie 8oz 1% Milk	3oz Herbed Chicken Breast 1/2c Cheese Tortellini 1/2c California Medley 1/2c/1 Mashed Sweet Pot/Butter 1 Seasonal Hand Fruit 1 Whole Grain Rice Krispy Treat 8oz 1% Milk	3oz Fish Sandwich w/Cheese 1/1 Whole Grain Bun/Tartar Sauce 1/2c Seasoned Potato Cuges 1c Mixed Green Garden Salad 1 Dressing Packet 1/2c Pineapple 8oz 1% Milk
26	27	28	29	
3oz Chicken Parmesan 1/2c Buttered Noodles 1/2c Green Beans 1 Breadstick 1/2c Applesauce 1 Pumpkin Bar 8oz 1% Milk	3oz Country Fried Beef Steak 2oz Country Gravy 1/2c Au Gratin Potatoes 1/2c Roasted Carrots 1 Spiced Garbanzo Bean Cake 1/2c Fruit Cocktail 8oz 1% Milk	3 oz Beef Roast 1/2c Candied Sweet Potatoes 1ea Whole Grain Bread/Butter 1c Fresh Fruit Mix 1 Coffee Cake 8oz 1% Milk	3oz Creamy Tuscan Chicken w/ Cherry Tomato & Spinach 1/2c Wild Rice Blend 1/2c Garlic Roasted Parsnips 1 Handheld Cherry Pie 1 Seasonal Hand Fruit - Orange 8oz 1% Milk	<p>Food allergies or intolerances are unable to be accommodated. ADRC Nutrition Program Main Number is (608) 269-8692</p>