

ADRC of Monroe County Meal Program/Senior Dining Sites

Cashton, Kendall, Norwalk, Sparta, Tomah & Wilton

MARCH 2024

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	
<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</p>									
4		5		6		7		8	
3oz Pork Loin Ala Florentine 1 Baby Baked Potato 1ea Butter/Sour Cream 1/2c Carrots 1 ea Whole Grain Bread/Butter 1ea Sliced Apples w/PB Cups 8oz 1% Milk		1c Southern Turkey & Rice Cass 1/2c Peas 1/2c Roasted Butternut Squash 1/2c Peaches 1ea Pumpnickel Bun/Butter 1 Carrot Cake 8oz 1% Milk		3oz Chicken Marsala 1/2c Herb Buttered Noodles 1/2c Normandy Blend Veg 1ea Whole Grain Bread/Butter 1c Caesar Salad w/Dressing Pkt 1/2c Pears 8oz 1% Milk		Food allergies or intolerances are unable to be accommodated. ADRC Nutrition Program Main Number is (608) 269-8692		3oz/1 Breaded Fish w/Tartar Sauce 1/2c Tabbouleh Salad 1/2c Winter Vegetable Blend 1/2c Cheeey Potatoes 1 Hummus w/Pretzels 1/2c Fresh Fruit Mix 8oz 1% Milk	
11		12		13		14		15	
1cp/1pkt Loaded Baked Potato Soup/Crackers 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		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		1c Chicken Ala King 1 Buttermilk Biscuit 1/2c Mixed Vegetables 1/2c Fresh Fruit Mix 1 Apple Spice Cake 8oz 1% Milk		3oz Meatloaf 1/2c Mashed Potatoes/2oz Gravy 1/2c Peas 1/2c Peaches 1ea Whole Grain Bread/Butter 1 Nutri-Grain Bar 8oz 1% Milk		1c Tuna Casserole 1/2c Green Beans 1/2c Broccoli Salad w/Almonds & Cranberries 1/2c Fresh Cruit Mix 1ea Whole Grain Dinner Roll/Butter 8oz 1% Milk	
18		19		20		21		22	
3oz Corned Beef w/ 1/2c Cabbage 1c Baby Potatoes & Carrots 1ea Irish Soda Bread/Butter 1 Mint Brownie 8oz 1% Milk		1c Chicken Divan over 1/2c Brown Rice 1/2c Pears 1/2c Three Bean Salad 1ea Whole Grain Bread & Butter 1 Rhubarb Cake 8oz 1% Milk		1c Beef & Broccoli Stir Fry 1/2c Lo Mein Noodles 1/2c/1 Asian Vegetables/Soy Sauce 1ea Egg Roll w/Sweet Sour Sauce 1 Fresh Seasonal Hand Fruit 1 Banana Chocolate Chip Muffin 8oz 1% Milk		3oz Honey Glazed Ham 1/2c Scalloped Potatoes 1c/1 Spring Mix/Dressing 4oz Tomato Juice 1ea Whole Grain Bread & Butter 1/2c Apricots 8oz 1% Milk		3oz/1 Breaded Fish w/Tartar Sauce 1/2c Roasted Baby Red Potatoes 1/2c Roasted Snap Peas 1ea Whole Grain Bread/Butter 1/1 oz. Apple Sliced w/Cubed Cheese 8oz 1% Milk	
25		26		27		28		29	
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 Scrambled Egg 1 Sausage Patty 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 Mashed Potatoes 2oz Gravy 1/2c Brussel Sprouts 1/4c Cottage Cheese 1/2c Fresh Fruit Mix 1ea Whole Grain Bread/Butter 8oz 1% Milk		1/2c Sloppy Joe on 1 Whole Grain Bun 1c Mixed Green Salad 1 Dressing 1c Pineapple 8oz 1% Milk		<p>CLOSED</p>	