

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.

APRIL 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
3 oz Polska Kielbasa 1 Ketchup pkt 1/2c Creamy Kale & Pasta Bake 1/2c Roasted Carrots 1 ea WG Bread/ Butter 1/2c Peaches	3 oz Glazed Chicken 1/2c /1 Potato Wedges/Ketchup 1c/1 pk Mixed Green Salad/Drg 1/1pkt Pumpernickel Roll/Butter 1/2c Applesauce 1 Yogurt cup	3 oz /1Cheeseburger on WG Bun 1 es Ketchup / Mustard 3/1 Tomato Slices/Onion Slice 1/2c Potato Salad 1/2c Cowboy Beans 1/2c Tropical Fruit	8 oz White Bean & Kale Soup 3 oz Cold Turkey/Cheese 2 sl Sdwch on WG Bread 1pk ea Crackers/Mayo/Mustard 1/2c /1 Raw Broccoli/ Ranch Dip 1/2c Fresh Fruit Mix 1/2c Butterscotch Pudding	5 oz Beef Tips w/Mushroom Grvy 1/2c Hearty Mashed Potatoes 1/2c Seasoned Corn 1 Seasonal Hand Fruit 1 ea Whole Grain Bread / Butter 1 / 1oz Apple Sliced w/ cubed Cheese
8	9	10	11	12
1 c Spaghetti Bake w/ Meat 1 Parmesan Cheese Packet 1/2c Broccoli 1 ea Garlic Bread 1/2c Pears 1 Black Bean Cookies	3 oz Pulled Pork Sandwich 1/ 1 WG Bun/ BBQ Paket 1/2c Winter Squash 1/2c Coleslaw 1 oz WG Sun Chips 1/2c Applesauce	1 cup Taco Tot Casserole w/Black 1/2c Beans & Corn/ Taco Sauce 1/2c Spanish Rice 1 cup Fresh Fruit Mix 1 ea WG Bread / Butter 1 Churro Cookie	3 oz Herbed Chicken Breast 1/2c Cheese Tortellini 1/2c California Medley 1/2c /1 Sweet Potatoes/ Butter 1 Seasonal Hand Fruit 1 WG Rice Krispie Treat	3 oz Fish Sandwich w/ Cheese 1/1 WG Bun/ Tartar Sauce 1/2c Seasoned Potato Cubes 1 cup Mixed Green Salad 1 Dressing Packet 1/2c Pineapple
15	16	17	18	19
3 oz Chicken Parmesan 1/2c Buttered Noodles 1/2c Green Beans 1 Breadstick 1/2c Applesauce 1 Pumpkin Bar	3 oz Country Fried Beef Steak 2 oz Country Gravy 1/2c Au Gratin Potatoes 1/2c Roasted Carrots 1 Spiced Garbanzo Bean Cake 1/2c Fruit Cocktail	3 oz Beef Roast 1/2c Candied Sweet Potatoes 1 ea WG Bread/Butter 1 cup Fresh Fruit Mix 1 Coffee Cake	3 oz 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	3 oz /1 Breaded Fish/ Tartar Sc 1/2c Cheesy Potatoes 1/2c Winter Blend Vegetables 1/2c Tabbouleh Salad 1 svg Pretzels /w Hummus 1/2c Fresh fruit Mix
22	23	24	25	26
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 Slice Apples w/ PB cups	1 cup Southern Turkey & Rice Casserole 1/2c Roasted Butternut Squash 1/2c Peas 1 ea Pumpernickel Bun/Butter 1/2c Peaches 1 Carrot Cake	3 oz Chicken Marsala 1/2c Herb Buttered Noodles 1/2c Normandy Blend Veg 1 ea WG Bread / Butter 1 c Caesar Salad w/ Drsg 1/2c Pears	3 oz /1 Beef Hot Dog/WG Bun 1 ea Ketchup & Mustard 2 tbs Chili & Cheese/ 1 TB onion 1/2c Potato Wedges 1/2c Baked Beans 1 ea Seasonal Hand Fruit	1 cup Pizza Casserole w/ WG pasta 1 Garlic Breadstick 1/2c Mixed Green Salad 1 Dressing Packet 1 ea WG Bread/Butter 1/2c Fresh Fruit Mix
29	30	<div style="background-color: #f8d7da; padding: 10px; border: 1px solid #c3e6cb;"> <p style="margin: 0;">Please call by NOON 1 day before to reserve your meal.</p> <p style="margin: 0;">Cashton 377-3831 • Kendall 463-7622 • Norwalk 343-3158</p> <p style="margin: 0;">Sparta 269-6778 • Tomah 372-7291 • Wilton 487-6130</p> </div>		
3 oz/ 1 oz/ Chicken Sandwich w/ cheese 1/1 WG Bun/ Mayonnaise 1/2c Green Beans 1 oz Whole Grain Sun Chips 1/2c Waldorf Salad w/ yogurt	3 oz Honey Glazed Ham 1/2c Scalloped Potatoes 1 c/ 1 pk Spring Mix w/ dressing 1/2c Apricots 1 ea WG Bread/Butter 4 oz Tomato Juice			
		8 oz. 1% Milk Served with every meal	Food allergies or intolerances are unable to be accommodated. ADRC Nutrition Program Main Number is (608) 269-8692	