


# 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.

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.

# MAY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Please call by NOON 1 day before to reserve your meal.</b>				
<b>Cashton 377-3831 • Kendall 463-7622 • Norwalk 343-3158 Sparta 269-6778 • Tomah 372-7291 • Wilton 487-6130</b>				
<p>Food allergies or intolerances are unable to be accommodated. ADRC Nutrition Program Main Number is (608) 269-8692</p> <p>8 oz. 1% Milk Served with every meal</p>				
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
1 cup Pork Tips in Gravy 1/2c Roasted Potatoes 4 oz Tomato Juice 1/1 WG Baking Powder Biscuit / Butter 1/2c Pears 1 Black Bean Choc Cookie	1 cup Spaghetti Pasta Bake w/Meat 1 cup Garden Salad w/ 1 Dressing Packet 1 Garlic Bread Stick 1 Parmesan Packet 1 Fresh Fruit	3 oz Glazed Chicken 1/2c Potato Wedges 1/2c Glazed Carrots 1/2c Applesauce 1 ea WG Bread & Butter	3 oz Beef Tips with Mushrooms & Onion 1/2c Cavatappi Noodles 1/2c Broccoli 1 ea WG Bread & Butter 1/2c Creamy Cucumbers 1 svg Fresh Fruit	3 oz/1 Brat on WG Bun 1/4c Sauerkraut 1/2c Homestyle Potato Salad 1/2c 3-Bean Salad 1 ea Ketchup / Mustard Pkt 1 ea Raspberry Pie Bars
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
3 oz/1 3-inch Italian Sub on Whole Grain Bun 3 Sliced Tomatoes 1/2c Pea Salad 1 Bag of Lay's Chips 1 ea Mayo / Mustard 1/2c Pineapple	1 cup Chicken & Rice Casserole 1/2c Mixed Vegetables 1c/1pk Mixed Green Salad/ Drsg 1 ea WG Bread / Butter 1/2c Fresh Fruit Mix 1 Raspberry Princess Bar	3 oz Pork Loin 1 Baby Baked Potato w/ 1 ea Butter & Sour Cream 1/2c Carrots 1 ea WG Bread & Butter 1 Banana	3 oz Roasted Turkey 1/2c Parsnips & Squash 1/2c Oven Roasted Potatoes 1/1 WG Bread / Butter 1 svg Fresh Fruit 1 Chocolate Chip Cookie	3 oz Meatloaf 1/2c Mashed Potato 2 oz Gravy 1/2c Baked Beans 1 ea WG Bread / Butter 1 Apple Pie
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
1/2c/2sl Egg Salad on WG Bread 1/2c Cowboy Caviar 1 oz/1 Tortilla Corn Chips / Salsa 1/2c Applesauce 1 Salted Caramel Oatmeal Cookie	3 oz Glazed Ham 1/2c Scalloped Potatoes 1/2c Green Beans 1 svg Fresh Seasonal Fruit 1 ea WG Bread & Butter	1/2c /1 Sloppy Joe on WG Bun 1/2c Macaroni & Cheese 1 c Mixed Green Salad w/ 1/2c Dried Fruit & Dressing 1/2c Pineapples	1 cup Chicken Ala King over 1 Over Biscuit 1/2c Mixed Vegetables 1/2c Fresh Fruit Mix 1 pc Lemon Pound Cake	3 oz Beef Fritters 2 oz w/ Country Gravy 1/2c Cowboy Beans 1/2c Baby Carrots 1 ea WG Bread & Butter 1/2c Fresh Fruit 1 ea Blueberry Coffee Cake w/ Butter
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
	3 oz Beef Roast 1/2c Oven Roasted Potatoes 1/2c Candied Sweet Potatoes 1 ea WG Bread & Butter 1/2c Fresh Fruit Mix 1 pc Spiced Garbanzo Bean Cake	2/ 1/2 Ham & Cheese WG Bread 1 ea Mayo / Mustard 1/2c Italian Pasta Salad 1 pkg WG Sun Chips 1 Seasonal Fresh Fruit 1 pc Rhubarb/ Strawberry Cake	1 cup Turkey Tetrizzini 1/2c Buttered Peas 1 cup Mixed Green Salad 1 pk w/ Cukes & Tomato/ Drsg 1 ea WG Bread / Butter 1 Peaches (Fresh Hand Fruit)	3 oz / 1Cheeseburger on WG Bun 2/1Tomato /Red Onion Slices 1/2c Potato Salad 1/2c Italian Baked Beans 1 ea Ketchup/ Mustard Packets 1 Apple Slices