

# 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.

# JULY 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
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
1 cup Chicken & Rice Casserole 1/2 cup Mixed Vegetables 1 c/1 pk Mixed Green Salad/ Drsg 1 each WG Bread / Butter 1/2 cup Mixed Fruit 1 Raspberry Princess Bar	3 oz Pork Loin 1 Baby Baked Potato w/ 1 each Butter & Sour Cream 1/2 cup Carrots 1 sl/1 WG Bread / Butter 1 Banana	3 oz/ 1Hamburger on WG Bun 1 each Ketchup, Mustard 1/2 cup Potato Salad 1/2 cup Baked Beans 1/2 cup Watermelon 1 Cookie	 Closed for the holiday	1 3 in. Italian sub on WG 1 each Mayo, Mustard 4 oz Tomato Juice 1/2 cup Pasta Salad 1 oz WG Sun Chips 1/2 cup Cantaloupe
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
1/2 cup Egg Salad on 2 slices WG Bread 1/2 cup Cowboy Caviar 1 oz Tortilla Corn Chips 1 Salsa Cup 1/2 cup Applesauce 1 Salted Caramel Oat Cookie	3 oz Glazed Ham 1/2 cup Scalloped Potatoes 1/2 cup Green Beans 1 each WG Bread/Butter 1/2 cup Pineapple	1/2 cup Sloppy Joes 1 WG Bun 1/2 cup Macaroni & Cheese 1 c Mixed Green Salad 2 Tb/1 Dried Fruit / Drsg 1 svg Fresh Hand Fruit	1 cup Chicken ala king over 1 Biscuit 1/2 cup Mixed Vegetables 1 cup Fresh Seasonal Fruit Mix 1 svg Lemon Pound Cake	3 oz Beef Fritter 2 oz Country Gravy 1/2 cup Cowboy Beans 1/2 cup Baby Carrots 1 ea WG Bread/Butter 1/2 cup Fresh Fruit Mix
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
3 oz/2 oz Chicken Alfredo 1/2 cup Pasta 1/2 cup Broccoli 1 Garlic Breadstick 1/2 cup Fruit Cocktail 1 Angel Food Cake with Seasonal Berries	3 oz Beef Roast 2 oz Gravy 1/2 cup Oven Roasted Potatoes 1/2 cup Glazed Carrots 1/2 cup Fresh Fruit Mix 1 ea Garbanzo Bean Cake	3 oz Cold Ham & Cheese Sand 2 Slices WG Bread 1 ea Mayo/Mustard 1/2 cup Italian Pasta Salad 1 oz WG Sun Chips 1 Rhubarb Strawberry Cake	1 cup Turkey Tetrizzini 1/2 cup Buttered Peas 1 c Garden Salad 1 Dressing Packet 1 ea WG Bread & Butter 1 Peach (fresh)	3 oz Cheeseburger on 1 Whole Grain Bun 3 Tomato Slices, 1 Red Onion Slice 1/2 cup Potato Salad 1/2 cup Italian Style Baked Beans 1 ea Ketchup/Mustard 1 Apple
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
3 oz Swedish Meatballs 2 oz Gravy 1/2 cup Hearty Mashed Potatoes 1/2 cup Roasted Beets 1/2 cup Creamy Cucumber Salad 1 ea Rye Bread /Butter 1m Fruit Bar	3 oz /1 Beef Hot Dog on WG Bun 2 Tb ea Chili & Cheese 1 pk/2 Tb Ketchup, Mustard, Onion 1/2 cup Steakhouse Potato Salad 4 oz Tomato Juice 1/2 cup Green Beans 1 Plums (hand fruit)	3 oz / 1 Shredded Beef on WG Bun 1/2 cup Potatoes O'Brien 1/2 cup 3-bean Salad 1/2 cup Fresh Fruit Mix 1 Sugar Cookie	3 oz Turkey Open Faced Sand 1 slice WG Bread 2 oz Gravy 1/2 cup Mashed Potatoes 1 c/ 1 Mixed Green Salad/Drsg 1 Pear (fresh)	3 oz Beef Tips in 2 oz Pesto Cream Sauce 1/2 cup Buttered Noodles 1/2 cup Fresh Corn 1/2 cup Fresh Seasonal Fruit Mix 1 Beetroot Chocolate Cake 1 ea WG Bread / butter
<b>29</b>	<b>30</b>	<b>31</b>	<b>8 oz. 1% Milk Served with every meal</b>	
3 oz Breaded Pork w/ Brandy Apple Glaze 1/2 cup Mashed Sweet Potatoes 1/2 cup Asparagus 1 ea WG Bread/Butter 1/2 cup Tropical Fruit 1 WG Rice Krispy Treat	3 oz Chicken Ala Rosa 1/2 cup Seasoned Rice Pilaf 1/2 cup Seasoned Carrots 1 cup Rainbow Chard w/ 1 oz Lemon Vinaigrette 1 ea WG Bread / Butter 1 Fresh Fruit	3 oz Swissed Cube Steak w/ 2 oz Mushrooms & Onions 1/2 cup Cheesy Scalloped Potatoes 1/2 cup Oven Roasted Cauliflower 1 ea Whole Grain Bread/ Butter 1 Apple	<b>Food allergies or intolerances are unable to be accommodated. ADRC Nutrition Program Main Number is (608) 269-8692</b>	
<b>Please call by NOON 1 day before to reserve your meal.</b> <b>Cashton 377-3831 • Kendall 463-7622 • Norwalk 343-3158</b> <b>Sparta 269-6778 • Tomah 372-7291 • Wilton 487-6130</b>				