

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.

AUGUST 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
<p><i>8 oz. 1% Milk Served with every meal</i></p> <p>Food allergies or intolerances are unable to be accommodated. ADRC Nutrition Program Main Number is (608) 269-8692</p> <p><u>Please call by NOON 1 day before to reserve your meal.</u> Cashton 377-3831 • Kendall 463-7622 • Norwalk 343-3158 Sparta 269-6778 • Tomah 372-7291 • Wilton 487-6130</p>			1	2
5	6	7	8	9
1 cup Italian Cheese Tortellini w/ Smoked Sausage 1/2c Mixed Vegetables 1/2c Festive Bean Salad 1sl/1 WG Bread/Butter 1/2c Peaches	1/1 Pizza Burger on WG Bun 1 oz Provolone Cheese 1/2c Potato Wedges 1/2c Carrots 1/2c Fresh Fruit Mix 1 Ketchup Packet 1 Oatmeal Raisin Cookie	3 oz Orange Chicken 1/2c Rice 1/2c Asian Vegetable 1 Spring Roll 1 Sweet & Sour Sauce 1 Vanilla Mango Muffin 1 svg Apple Slices	3 oz Lemon Pepper Haddock 1/2c Roasted Zucchini 1/2c Rice Pilaf 1/2c Mediterranean Bean Salad 1/2c Applesauce 1sl/1 Rye Bread/Butter 1 Tartar Sauce	5 oz Chicken Stuffed with Broccoli and Cheese 1/2c Mashed Baby Red Potatoes 1/2c Roasted Brussels Sprouts 1/2c Fresh Seasonal Hand Fruit 1sl/1 WG Bread & Butter 1 Lemon Bar
12	13	14	15	16
3 oz/2 oz Pork Tips in Gravy 1/2c Roasted Potatoes 4 oz Tomato Juice 1 WG Bkg Powder Biscuit 1 Butter 1/2c Fruit Cocktail 1 Black Bean Choc. Cookie	1 cup Spaghetti Pasta Bake w/ meat 1 c Garden Salad 1 pk Dressing 1 Garlic Breadstick 1 Parmesan Packet 1/2c Fresh Fruit Mix	3 oz Glazed Chicken 1/2c Potato Wedges 1/2c Glazed Carrots 1/2c Applesauce 1 sl/1 WG Bread & Butter	3 oz Beef Tips w/ Mushroom & Onion Gravy 1/2c Cavatappi Noodles 1/2c Broccoli 1/2c Creamy Cucumbers 1 sl/1 WG Bread, Butter 1/2c Seasonal Fruit Mix	3 oz/1 Brat on a Whole Grain Bun 1/4c Sauerkraut 1/2c Homestyle Potato Salad 1/2c Three Bean Salad 1 ea Ketchup & Mustard 1 Raspberry Pie Bar
19	20	21	22	23
3 oz/1 3-inch Italian Sub on WG 3 Sliced Tomatoes 1/2c Pasta Salad 1/2c Pea & Cheese Salad 1 Mayo Packet 1/2c Pineapple	1 cup Chicken Rice Casserole 1/2c Mixed Vegetables 1 c/1 Mixed Green Salad /Drsg 1 sl/1 WG Bread Butter 1 svg Seasonal Hand Fruit 1 Raspberry Princess Bar (walnut & coconut)	3 oz Pork Loin 1 Baby Baked Potato with 1 ea Butter & Sour Cream 1/2c Carrots 1 sl/1 WG Bread / Butter 1 Banana	3 oz Roasted Turkey 1/2c Parsnips/Squash 1/2c Oven Roasted Potatoes 1 sl/1 WG Bread & Butter 1/2c Fresh Fruit Mix 1 Chocolate Chip Cookie	3 oz Meatloaf 1/2c Mashed Potato 2 oz Gravy 1/2c Baked Beans 1 sl/1 WG Bread & Butter 1 svg Apple Pie
26	27	28	29	30
1/2c/2sl Egg Salad/WG Bread 1/2c Cowboy Caviar 1 oz/ 1Tortilla Corn Chips/Salsa 1 Salt Caramel Oat Cookie 1/2c Applesauce	3 oz Glazed Ham 1/2c Scalloped Potatoes 1/2c Green Beans 1 sl/1 WG Bread & Butter 1/2c Pineapple	1/2c /1 Sloppy Joes on WG Bun 1/2c Macaroni & Cheese 1c Mixed Green Salad w/ 1 Dried Fruit&Drsg Packet 1 svg Fresh Hand Fruit	1 cup Chicken ala King over 1 Biscuit 1/2c Mixed Vegetables 1/2c Fresh Seasonal Fruit Mix 1 Lemon Pound Cake	3 oz/2 oz Beef Fritter w/ Country Grvy 1/2c Cowboy Beans 1/2c Baby Carrots 1 Fresh Hand Fruit 1/1 Blueberry Coffee Cake/ Butter