

# ADRC of Monroe County Meal Program/Senior Dining Sites

## Cashton, Kendall, Norwalk, Sparta, Tomah & Wilton

### SEPTEMBER 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
2	3	4	5	6
<b>CLOSED</b>	3 oz Beef Roast 2 oz Gravy 1/2c Mashed Potatoes 1/2c Candied Carrots 1ea Seasonal Hand Fruit 1ea Whole Grain Bread/Butter 1 Garbanzo Bean Cake	3oz Cold Ham & Cheese on 2sl Whole Green Bread 1/2c Italian Pasta Salad 1svg Whole Grain Sun Chips 1ea Mayo, Mustard packet 1/2c Fresh Fruit Mix 1svg Rhub/Straw Upside Down Cake	1c Turkey Tetrizzini 1/2c Buttered Peas 1c Mixed Green Salad (w/cucumbers & tomato) 1 Dressing packet 1/2c Peaches 1ea Whole Grain Bread/Butter	3oz Cheeseburger 1 Whole Grain Bun 3sl/1sl Tomato/Red Onion Slices 1/2c Potato Salad 1/2c Italian Style Baked Beans 1ea Ketchup & Mustard Packet 1svg Apple Slices
9	10	11	12	13
3oz Swedish Meatballs 2oz Gravy 1/2c Hearty Mashed Potatoes 1/2c Roasted Beets 1/2c Creamy Cucumber Salad 1ea Rye Bread/Butter 1 Fruit Bar	3oz/1 Beef Hot Dog/WG Bun 2T/2T/1T Chili, Cheese, Onion 1/2c Steakhouse Potato Salad 4oz Tomato Juice 1/2c Baked Beans 1ea Ketchup, Mustard 1 Plums (Hand Fruit)	3oz Shredded Beef on 1 Whole Grain Bun 1/2c Potatoes O'Brien 1/2c 3 Bean Salad 1/2c Fresh Fruit Mix 1 Sugar Cookie	3oz Turkey Open Faced S/W 2oz Gravy 1 sl Whole Grain Bread 1/2c Mashed Potatoes 1c/1 Mixed Garden Salad/Dressing 1/2c Pears	3oz2oz Beef Tips in Pesto Cream Sce 1/2c Buttered Noodles 1/2c Fresh Corn 1/2c/1 Baby Carrots/Dip 1 Seasonal Hand Fruit 1ea Whole Grain Bread 1 Beetroot Chocolate Cake
16	17	18	19	20
3oz Breaded Pork w/ 1 oz Brandy Apple Glaze 1/2c Mashed Sweet Potatoes 1/2c Asparagus 1/2c Tropical Fruit Mix 1 WG Rice Krispie Treat	3oz Chicken Ala Rosa 1/2c Seasoned Rice Pilaf 1/2c Seasoned Carrots 1/2c Broccoli-Raisin Salad 1 pc. Fresh Hand Fruit 1 ea Whole Grain Bread/Butter	3oz Lemon Pepper Haddock 1/2c Cheesy Scalloped Potatoes 1/2c Roasted Zucchini 1/2c Mediterranean Bean Salad 1/2c Applesauce 1ea Rye Bread/Butter	3oz Swissed Cube Steak w/ Mushrooms & Onions 1/2c Mashed Baby Red Potatoes 1 Oven Roasted Cauliflower 1/2c Cottage Cheese 1/2c Peaches 1ea Whole Grain Bread/Butter	5oz Chicken Stuffed w Broccoli & Cheese 1/2c Rice Pilaf 1/2c Squash 1/2c Coleslaw 1ea Whole Grain Bread/Buter 1 Lemon Bar
23	24	25	26	27
1/2c Italian Cheese Tortellini 3oz w/Smoked Sausage 1/2c Mixed Vegetables 1/2c Festive Bean Salad 1ea Whole Grain Bread/Butter 1/2c Apricots	1/1 Pizza Burger on WG Bun 1oz Provolone 1/2c Potato Wedges 1/2c Carrots 1pk Ketchup 1pc Fresh Hand Fruit 1 Oatmeal Raisin Cookie	3oz Orange Chicken 1/2c Rice 1/2c Asian Vegetables 1 Spring Roll 1 Sweet & Sour Sauce 1 Vanilla Mango Muffin 1svg Apple Slices	1c Tater Tot Casserole 1/2c WK Corn 3 Sliced Tomatoes 1c Spinach Salad w/ Mandarin Oranges 1pk Sesame Dressing 1ea Whole Grain Bread/Butter	3oz Chicken Marsala 1/2c Herbed Buttered Noodles 1/2c Normandy Blend Vegetables 1c Caesar Salad 1pkt w/Dressing 1ea Whole Grain Bread/Butter 1/2c Pears
30	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  <b>Please call by NOON 1 day before to reserve your meal.</b> Cashton 377-3831 • Kendall 463-7622 • Norwalk 343-3158 Sparta 269-6778 • Tomah 372-7291 • Wilton 487-6130			
3oz/2oz Pork Tips in Gravy 1/2c Roasted Potatoes 1/2c Tomato Juice 1 WG Baking Powder Biscuit 1/2c Fruit Cocktail 1 Black Bean Choc. Cookie	<b>There is a suggested contribution of \$4.00 - \$7.00 for each congregate meal or each home delivered meal.</b>			