

ADRC of Monroe County Meal Program/Senior Dining Sites Cashton, Kendall, Norwalk, Sparta and Tomah

There is a suggested contribution of
\$4.00 - \$7.00 for each congregate meal
or each home delivered meal.

NOVEMBER 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>8 oz. 1% Milk Served with every meal</p> <p>Food allergies or intolerances are unable to be accommodated.</p> <p>ADRC Nutrition Program Main Number is (608) 269-8692</p>				<p>1</p> <p>3 oz Beef Tips in Pesto Crm Sauce 1/2c Buttered Noodles 1/2c Fresh Corn 1/2c Fresh Fruit Mix 1 sl, 1 t WG Bread, Butter 1 Beetroot Chocolate Cake</p>
<p>Please call by NOON 1 day before to reserve your meal.</p>		<p>Cashton 377-3831 Kendall 463-7622 Norwalk 343-3158</p>	<p>Sparta 269-6778 Tomah 372-7291</p>	
<p>4</p> <p>3 oz Polska Kielbasa 1/2c Creamy Kale & Pasta Bake 1/2c Roasted Carrots 1/2c Peaches 1 ea WG Bread & Butter 1 Ketchup Packet</p>	<p>5</p> <p>3 oz Glazed Chicken 1/2c, 1 Potato Wedges, Ketchup 1 cup Mixed Green Garden Salad 1 Dressing 1/2c Applesauce 1 ea Pumpernickel Roll/Butter 1 Yogurt Cup</p>	<p>6</p> <p>3 oz/1 Cheeseburger w/WG Bun 3/1 Tomato Slices/Red Onion 1 ea Ketchup & Mustard Packet 1/2c Potato Salad 1/2c Cowboy Beans 1/2c Tropical Fruit</p>	<p>7</p> <p>8 oz White Bean & Kale Soup 2 Saltines 3 oz Turkey/Cheese Cold Sand 2 sl Whole Grain Bread 1/2c Raw Broccoli 1 svg Ranch Dip 1/2c Fresh Fruit Mix 1/2c Butterscotch Pudding</p>	<p>8</p> <p>3 oz Fish Sandwich w/Cheese 1 ea WG Bun/Tartar Sauce 1/2c Seasoned Potato Cubes 1 cup Mixed Garden Salad 1 ea Dressing Packet 1/2c Pineapple</p>
<p>11</p> <p>1 cup Spaghetti Bake w/Mt Sce 1/2c Broccoli 1 Garlic Bread 1 Parmesan Cheese Pkt 1/2c Pears 1 Black Bean Cookie</p>	<p>12</p> <p>3 oz/1 Pulled Pork Sandwich on 1 ea Whole Grain Bun/BBQ Pkt 1/2c Winter Squash 1/2c Coleslaw 1 Whole Grain Sun Chips 1/2c Applesauce</p>	<p>13</p> <p>1c Tater Tot Casserole (made w/ mixed veg) 1/2c 3-bean salad 1 cup Fresh Fruit Mix 1 ea WG Bread & Butter 1 Churro Cookie</p>	<p>14</p> <p>3 oz Herbed Chicken Breast 1/2c /1 Mashed Sweet Pot/Butter 1/2c California Medley 1 Seasonal Hand Fruit 1 WG Rice Krispy Treat</p>	<p>15</p> <p>3 oz Beef Tips w/ 2 oz Mushroom Gravy 1/2c Hearty Mashed Potatoes 1/2c Seasoned Corn 1 Seasonal Hand Fruit 1 ea WG Bread & Butter 1 Oatmeal Raisin Cookie</p>
<p>18</p> <p>3 oz Chicken Parmesan 1/2c Buttered Noodles 1/2c Green Beans 1 Breadstick 1/2c Applesauce 1 Pumpkin Bar</p>	<p>19</p> <p>3 oz Country Fried Beef Steak 2 oz Country Gravy 1/2c Au Gratin Potatoes 1/2c Roasted Carrots 1/2c Fruit Cocktail 1 Spiced Garbanzo Bean Cake</p>	<p>20</p> <p>3 oz Beef Roast 1/2c Candied Sweet Potatoes 1/2c Cucumber Salad 1 ea Whole Grain Bread/Butter 1 cup Fresh Fruit Mix 1 Coffee Cake</p>	<p>21</p> <p>3 oz Creamy Tuscan Chicken w 3 oz Cherry Tomato&Spinach 1/2c Wild Rice Blend 1/2c Garlic Roasted Parsnips 1 Handheld Cherry Pie 1 Seasonal Hand Fruit- Orange</p>	<p>22</p> <p>3 oz / 1 Breaded Fish, Tartar Sauce 1/2c Cheesy Potatoes 1/2c Winter Blend Vegetables 1/2c Coleslaw 1 svg Hummus w/ Pretzels 1/2c Fresh Fruit Mix</p>
<p>25</p> <p>3 oz Pork Loin ala Florentine 1/2c Baby Baked Potato 1 ea Butter & Sour Cream 1/2c Carrots 1 ea WG Bread/Butter 1 ea Sliced Apples/PB Cup</p>	<p>26</p> <p>3 oz Beef Hot Dog on 1 WG Bun 2, 2, 1 TB Chili, Cheese, Onion 1/2c Potato Wedges 1/2c Baked Beans 1 ea Ketchup, Mustard 1 Seasonal Hand Fruit</p>	<p>27</p> <p>3 oz Turkey 1/2c Stuffing 1/2c Mashed Potato/Gravy 2 TB Cranberry Relish 1 ea Whole Grain Bread/Butter 1 Pumpkin Pie</p>	<p>28</p>	<p>29</p>
 <p>HAPPY Thanksgiving</p>				<p>CLOSED</p>