

# 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.

### DECEMBER 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>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
3oz/1oz Chicken Sandwich w/ Cheese 1 Whole Grain Bun 1 pkt Mayo 1 oz Whole Grain Sun Chips 1/2 c Green Beans 1/2 c Waldorf Salad w/Greek Yogurt	3 oz Honey glazed Ham 1/2 c Scalloped Potatoes 1c/1 Spring Mix / Dressing 1/2 c Apricots 1 ea Whole Grain Bread / Butter 4 oz Tomato Juice	1 cup Beef & Broccoli Stir Fry 1/2 c Over Rice 1/2 c Asian Vegetables 1 Soy Sauce Packet 1 ea Egg Roll/Swt/Sour Sce 1 Fresh Seasonal Hand Fruit 1 ea Ban.Choc Chip Muffin/Butr	1 svg Jumbo Ravioli w/ MeatSce 1/2 c Roasted Cauliflower 1c Spinach Salad 1 Dressing 1 pc WG Bread/Butter 1 pc Rhubarb Cake	1 cup Chicken Divan (w/broc chs 1/2 c Sauce) over brown rice 1/2 c Three Bean Salad 1/2 c Pears 1 ea WG Bread, Butter 1 Pound Cake w/ Seasonal Fruit Glaze
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
1c/1pk Loaded Bk Pot Soup/Crax 3 oz Cold Ham & Cheese Sand 1 On WG Bun 1/2 c/1 Carrots w/ Ranch Dip 1 WG Peach Pie Bar 1 ea Mayo & Mustard	3 oz German Style Beef Tips 1/2 c Hearty Mashed Potatoes 1/2 c Red Cabbage Salad 1 ea WG Bread / Butter 1 Pumpkin Pie	1 cup Reuben Casserole 1/2 c Wild Rice 1/2 c Green Beans 1/2 c Broccoli Salad w/ Cranberries 1/2 c Seasonal Mixed Fruit	3 oz Meatloaf 1/2 c Mashed Potatoes 2 oz Gravy 1/2 c Peas 1/2 c Peaches 1 ea WG Bread / Butter 1 Nutri-Grain Bar	1 cup Chicken Ala King 1 Buttermilk Biscuit 1/2 c Mixed Vegetable 1/2 c Seasonal Mixed Fruit 1 ea Apple Spice Cake
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
3 oz Meatball Sub w/ Marinara 1 On WG Bun 1 oz Provolone Cheese 1/2 c /1 Tater Tots/ Ketchup 1/2 c Corn 1 Pumpkin Bar	1/2 c /1 oz Scrambled Eggs/ Sausage Patty 1/4c Sausage Gravy 1 Buttermilk Biscuit 4 oz Tomato Juice 1/2 c Seasonal Mixed Fruit 1 ea Blueberry Muffin / Butter	3 oz Turkey 1/2 c Hearty Mashed Potatoes 2 oz Gravy 1/2 c Brussel Sprouts 1 ea WG Bread & Butter 1/4c Cottage Cheese 1 cup Pineapple	1/2 c Sloppy Joe's 1/2 c /1 Whole Grain bun 1/2 c Baked Beans 1 cup Garden Salad 1 pk Dressing 1 Seasonal Hand Fruit	3 oz Stuffed Chicken Cordon Bleu 1/2 c Roasted Baby Red Potatoes 1/2 c Roasted Snap Peas 1 ea WG Bread / Butter 1/1oz Apple slices w/Cheese Cubes
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
3 oz Glazed Ham 1/2 c Cheesy Hashbrown cass. 1/2 c Glazed Carrots 1/2 c Waldorf Salad (No nuts) 1 ea Dinner Roll/ Butter 1 svg Cheesecake	 <b>CLOSED</b>	 <b>CLOSED</b>	3 oz White Bean & Kale Soup 1 pk Crackers 3 oz Turkey Cheese Cold Sand 1 ea On WG Bread/ Mayo 1/2 c/1 Raw Broccoli/Ranch Dip 1/2 c Seasonal Mixed Fruit 1/2 c Butterscotch pudding	3 oz Fish Sandwich w/Cheese 1 ea WG Bun/ Tartar Sauce 1/2 c Seasoned Potato Cubes 1 c Garden Salad 1 pkt Dressing 1/2 c Pineapple
<b>30</b>	<b>31</b>	<b>8 oz. 1% Milk served with every meal</b> <b>Food allergies or intolerances are unable to be accommodated.</b> <b>ADRC Nutrition Program Main Number is (608) 269-8692</b>		
1 cup Spaghetti Bake w/ Meat 1/2 c Broccoli 1 Garlic Bread 1 Parmesan Cheese Pk 1/2 c Pears 1 Black Bean Cookie	3 oz Pulled Pork Sandwich on 1 ea WG Bun / BBQ Pkt 1/2 c Winter Squash 1 svg WG Sun Chips 1/2 c Coleslaw 1/2 c Applesauce	<b>Please call by NOON 1 day before to reserve your meal.</b> <b>Cashton 377-3831</b> <b>Kendall 463-7622</b> <b>Norwalk 343-3158</b> <b>Sparta 269-6778</b> <b>Tomah 372-7291</b>		