

Senior Dining



Fellowship, Food & Fun

# September 2023

**MEALS PROVIDED BY: LANCASTERS PIGGLY WIGGLY**  
**ALL MENU ITEMS ARE PREPARED IN KITCHENS THAT ARE NOT ALLERGEN-FREE.**  
**WE CANNOT GUARANTEE THAT FOOD ALLERGENS WILL NOT BE TRANSFERRED THROUGH CROSS CONTACT. NO SUBSTITUTIONS ALLOWED.**  
**MENU IS SUBJECT TO CHANGE BASED ON AVAILABILITY OF INGREDIENTS/PRODUCTS.**

**TO RESERVE YOUR LUNCH PLEASE CALL 608-798-6937 EXT 5**  
**SUGGESTED MINIMUM DONATION IS \$4.50. PLEASE MAKE A DONATION AT THE LEVEL YOU CAN AFFORD.**



## 1 Friday

Baked Cod, Butter  
 Noodles, Slaw, Roasted  
 Asparagus, Fruit &  
 Dessert  
 NCS: SF Item or Fruit  
 MO: Veggie Patty



**5 Tuesday**  
 Pot Roast, Garlic  
 Mashed Potatoes, Green  
 Beans, WW Bread  
 w/butter, Fruit, &  
 Dessert  
 NCS: SF Item or Dessert  
 MO: Veggie Burger

**6 Wednesday**  
 \*Baked Ham, Mashed  
 Sweet Potato, WW  
 Roll, Corn, Fruit, &  
 Dessert  
 NCS: SF Item or Fruit  
 MO: Black Bean Burger

**7 Thursday**  
 Baked Chicken Breast,  
 Baked Beans,  
 California Blend, Fruit,  
 & Dessert  
 NCS: SF Item or Fruit  
 MO: Salad, w/hard  
 boiled egg, & dressing.

**8 Friday**  
 Breaded Coconut  
 Shrimp, w/ Slaw,  
 Sweet potato, WW  
 Roll, Fruit, & Dessert.  
 NCS: SF item or Fruit  
 MO: Black Bean  
 Burger

**11 Monday**  
 1/2 Reuben on Rye, w/  
 Sauerkraut & Thousand  
 Island Dressing,  
 Creamed Spinach, Fruit, &  
 Dessert  
 NCS: SF Item or Fruit  
 MO: Veggie Burger on  
 Bun w/ Lettuce & Tomato

**12 Tuesday**  
 Chicken Nachos, Fiesta  
 Corn & Bean Salad,  
 Sour Cream, Fruit, &  
 Dessert NCS:SF Item or  
 Fruit MO: Toss Salad  
 w/Cheese, Hard Boiled  
 Egg & Dressing

**13 Wednesday**  
 Stuffed Tomato w/Beef,  
 Peas & Carrots, WW  
 Roll, Fruit, & Dessert  
 NCS: SF Item or Fruit  
 MO: Veggie Wrap w/  
 Hummus

**14 Thursday**  
 Breaded Liver and  
 Onions w/Gravy,  
 Mashed Potatoes, Green  
 Beans, WW Roll, Fruit, &  
 Dessert  
 NCS: SF Item or Fruit  
 MO: Veggie Patty

**15 Friday**  
 Baked Lemon Dill Cod,  
 Baby Reds w/butter &  
 rosemary, Slaw, WW  
 Roll, Fruit, & Dessert  
 NCS: Fruit or SF Item  
 MO: Veggie Wrap  
 w/Hummus

**18 Monday**  
 1/2 Cold Turkey w/ Cheese  
 Sandwich on WW Bread,  
 w/ Mayo Packet, Caesar  
 Salad w/Croutons,  
 Applesauce, Fruit, Dessert  
 NCS: Fruit or SF item  
 MO: 1/2 Tomato and Cheese  
 (Cold Sandwich) & Cottage  
 Cheese

**19 Tuesday**  
 Loaded Chicken  
 Enchiladas w/Beans,  
 Corn Chips, Salsa,  
 Fruit, & Dessert  
 NCS: Fruit or SF Item  
 MO: Veggie Patty

**20 Wednesday**  
 Sloppy Joe Sandwich,  
 Baked Potato, Cheesy  
 Spinach casserole,  
 Fruit, & Dessert  
 NCS: Fruit or SF item  
 MO: Veggie Wrap &  
 Hummus

**21 Thursday**  
 Beef stew w/carrots &  
 peas, WW Roll, Roasted  
 Potatoes, Fruit, & Dessert  
 NCS: Fruit or SF Item  
 MO: 1/2 Tomato and  
 Cheese (Cold Sandwich) &  
 Cottage Cheese

**22 Friday**  
 Potato Crusted Cod,  
 Butter Noodles,  
 California Blend,  
 Slaw, Fruit, & Dessert  
 NCS: Apple or SF Jello  
 MO: Veggie Wrap  
 w/Black Beans

**25 Monday**  
 Cheeseburger on WW  
 Bun w/ Lettuce &  
 Tomato, Served w/  
 Baked Beans, Fruit, &  
 Dessert – NSC: SF Item  
 or Fruit  
 MO: Veggie Burger

**26 Tuesday**  
 Soft Shell Chicken Tacos,  
 Southwest Corn, tomato  
 and bean Salad, Sour  
 cream, Corn Bread,  
 Fruit, & Dessert.  
 NCS: SF Item or Fruit  
 MO: Veggie Wrap &  
 Hummus

**27 Wednesday**  
 Chef Salad w/ Ham &  
 Turkey, hard boiled egg,  
 Tomato & Cheese,  
 w/Dressing, Garlic Toast,  
 Fruit, Dessert NCS: SF  
 item or Fruit MO: Toss  
 salad w/cheese, hard  
 boiled egg w/dressing

**28 Thursday**  
 Swedish meatballs &  
 gravy, WW Butter  
 Noodles, Stewed  
 tomatoes, Peas, Fruit &  
 Dessert NCS: SF Item  
 or Fruit MO: Veggie  
 patty

**29 Friday**  
 Breaded Shrimp, w/  
 Slaw, Sweet potato,  
 WW Roll, Fruit, &  
 Dessert. NCS: SF  
 Item or Fruit MO:  
 Black bean burger

# September 2023

## Friday Salad Menu:

Sept. 1: Chef Salad

Sept. 8: Chicken Garden Salad

Sept. 15: 7 Layer Salad

Sept. 22: Chicken Caesar Salad

Sept. 29: Taco Salad

## Dane County Senior Nutrition Program

## Main Street Market Piggly Wiggly

				Friday 1
				Turkey Stuffing Roll Ups Gravy Peas Mixed Veggies Pineapple MO: Tofu w/ Stuffing
Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
<b>Labor Day CLOSED</b>	Salmon Wild Rice Creamed Spinach Squash Orange MO: Meatless Chili over Sweet Potato	Pulled Pork On a WG Bun Coleslaw Baked Beans Carrots MO: Veggie Wrap	Egg Salad on Rye Cucumber slices Grape Tomatoes Red Grapes	Beef Tips in Gravy Mashed Potatoes Broccoli WG Dinner Roll Orange MO: Veggie Burger
Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
Boneless Chicken Breast Mashed Potatoes Green Beans Raisin Bread Banana MO: Meatless Chili over Sweet Potato	Brat on a WG Bun Sauerkraut Baked Beans Potato Salad Watermelon MO: Meatless Brat	Spaghetti & Meat Sauce Garlic Bread Side Salad w/ Dressing Grape Tomatoes Fresh Fruit MO: Beyond Crumble in Sauce	Chicken & Wild Rice Soup Chef Salad w/ Dressing WG Dinner Roll Banana MO: Veggie Soup & Meatless Chef Salad	Cube Steak Brown Rice Mushrooms Creamed Spinach Grapes MO: Tofu in Sauce
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
BBQ Rotisserie Chicken WG Dinner Roll Potato Salad Baked Beans Pears MO: Veggie quiche	Meatloaf Scalloped Potatoes WG Bread Steamed Broccoli Peaches MO: Veggie Meatballs	Tater Tot Casserole Green Beans Carrots WG Dinner Roll Apple MO: Meatless Pasta Salad	Chicken Salad Croissant Lettuce & Tomato 4 Bean Salad Pineapple MO: Egg Salad	Pot Roast in Gravy Carrots, Celery, Onions Red Potatoes WG Bread Mandarin Oranges MO: Red Beans and Rice
Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
BBQ Ribs Au Gratin Potatoes Green Beans WG Bread Grapes MO: Hummus Wrap	Cheeseburger on WG Bun Red Onion & Pickles Potato Salad Mixed Fruit MO: Beyond Burger	Turkey & Cheese Sandwich on WG Bread Vegetable Soup Cucumber Slices Pears MO: Veggie & Cheese Sandwich on WG Bread	WG Soft Shell Taco Tomatoes & Lettuce Cheese & Onions Pineapple MO: Beyond Crumbles	Stuffed Pepper Bake w/ Brown Rice Side Salad w/ Dressing Banana MO: Veggie Patty

Milk is included with each meal. No Concentrated Sweets dessert offering is made with a sugar substitute or will be a serving of fruit. Meals include a daily dessert such as cake, bars, candy, ice cream, Jell-O or other varieties. All menu items are prepared in a kitchen that is not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed. MO = Meatless Option. WG = Whole Grain.



# TNT'S CATERING: DANE COUNTY SENIOR NUTRITION PROGRAM

September 2023				
<b><u>TUESDAY SALAD MENU:</u></b> <b>SEPT. 5: CHEF SALAD W/FRENCH DRESSING, CROUTONS</b> <b>SEPT. 12: MEDITERRANEAN SPINACH SALAD W/CHICKEN, BALSAMIC DRESSING, CROUTONS</b> <b>SEPT. 19: CRISPY CHICKEN CAESAR SALAD, CAESAR DRESSING, CROUTONS</b> <b>SEPT. 26: CHICKEN FAJITA SALAD, RANCH DRESSING, TORTILLA STRIPS</b>				<b>1</b> WW Pasta Meat Marinara Broccoli Carrots Mandarin Oranges Dessert MO: Chickpea Marinara
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>CLOSED</b>  <b>LABOR DAY</b>	Beef Mushroom Stroganoff Egg Noodles Carrots Pears Dessert MO: Veggie Chicken Mushroom Stroganoff	Chicken Lentil Stew WW Bread w/Butter Green Beans Fruit Cocktail Dessert MO: Chickpea Stew	Turkey Burger Tomato and Lettuce Slice WW Bun Roasted Potatoes Applesauce Dessert MO: Veggie Burger	Ham, Broccoli, Brown Rice Casserole Peas Pineapple Dessert MO: Veggie Chicken Casserole
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Brat WW Bun Corn Baked Beans Peaches Dessert MO: Veggie Brat	Baked Spaghetti w/Italian Sausage Mixed Greens Dressing Mandarin Oranges Dessert MO: Spaghetti w/Garbanzo Marinara	Shredded Roast Beef Mashed potatoes WW Roll w/butter California Blend Veggies Pears Dessert MO: Veggie Chickpea Patty	Sweet and Sour Chicken Brown Rice Sweet and Sour Sauce Peas Carrots Tropical Fruit Dessert MO: Veggie Chicken	BBQ Chicken Breast Veggie Pasta Salad Broccoli Salad Applesauce Dessert MO: Veggie BBQ Chicken
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Sliced Hot Ham Scalloped Potatoes WW Bread w/Butter Green Beans Fruit Cocktail Dessert MO: Tofu Alfredo	Chicken Meatballs Spanish Rice Corn Peas Pineapple Dessert MO: Chickpea Meatballs	Vegetable Beef and Bean Soup WW Bread w/Butter Peaches Dessert MO: Vegetable Bean Soup	Chicken Alfredo Penne Pasta Carrots Broccoli Mandarin Oranges Dessert MO: Veggie Chicken Alfredo	Hamburger WW Bun tomato and lettuce slice Creamy Cucumber Salad Tropical Fruit Dessert MO: Black Bean burger
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Sliced Turkey and Gravy WW Dinner Roll w/Butter Mashed Potatoes Lima Beans Pears Dessert MO: Garbanzo Bean Gravy	Sausage Veggie Egg Bake Hashbrown Patty Corn OJ Cup Blueberry Muffin MO: Black Bean Veggie Egg Bake	Greek Chicken w/red peppers Lemon Brown Rice Zucchini Fruit Cocktail Dessert MO: Veggie Chicken w/Red Peppers	Sloppy Joe WW Bun Coleslaw Roasted Potatoes Banana Dessert MO: sloppy Beyond "Beef" Joe	Chicken a la King Egg Noodles Carrots Peas Pineapple Dessert MO: Veggie Chicken a la King

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No substitutions allowed. MO = Meatless Option.

## - BREAKFAST -

### **TWO TRADITIONAL CREPES OR PANCAKES**

Choice of apple,  
strawberry, cherry, peach  
or blueberry fruit topping.  
Fruit or 100% fruit juice.  
Sausage or ham.

### **EGG & CHEESE OMELET**

Two egg omelet with  
cheddar cheese, two  
pieces of toast and  
hashbrowns

### **BISCUITS & GRAVY (HALF ORDER)**

One biscuit with  
sausage gravy, one  
scrambled egg,  
hashbrowns, fruit or  
100% fruit juice

### **SKILLET DELIGHT**

One egg scrambled with  
sausage, mushroom, onion,  
cheese, hashbrowns, one  
piece toast

### **HUEVOS RANCHEROS**

One egg scrambled with  
cheese, rice, tomatoes,  
onions, and beans on a  
tortilla

## - LUNCH -

INCLUDES DESSERT

### **PHILLY CHICKEN SANDWICH**

Chicken, green pepper,  
onion, and mozzarella on  
an Italian roll, with fruit and  
choice of potato

### **TURKEY CLUB SANDWICH**

Turkey, bacon, lettuce,  
tomato and mayo, with  
fruit and choice of potato

### **TACO SALAD**

Choice of beef or  
chicken in a flour  
tortilla shell, filled  
with lettuce, onions,  
tomatoes and  
topped with cheese,  
sour cream, and  
salsa, fruit

### **HAMBURGER**

Burger patty topped with  
lettuce, tomato and onion,  
with fruit and choice of  
potato

### **GRILLED CHICKEN WRAP**

Tomato basil flour tortilla,  
filled with chicken, bacon,  
lettuce, tomato and onion,  
with fruit and choice of  
potato

MILK AND COFFEE AVAILABLE UPON REQUEST

\*NO SUBSTITUTIONS\*



EST. 1975

Sugar River Senior Center



Senior Dining



Fellowship, Food & Fun

AtlantisValley Foods: DANE COUNTY SENIOR NUTRITION PROGRAM

September 2023				
<b>TUESDAY SALAD MENU:</b> <b>September 5<sup>th</sup>:</b> Chicken Caesar Salad w/ Caesar Dressing, Peaches, Dinner Roll, M&M Cookie <b>September 12<sup>th</sup>:</b> Southwest Chicken Salad w/Ranch Dressing, Mandarin Oranges, Dinner Roll, PB Pie <b>September 19<sup>th</sup>:</b> Turkey Club Salad* w/ French Dressing, Dinner Roll, Apple, Chocolate Cake <b>September 26<sup>th</sup>:</b> Grilled Chicken Almond Salad w/ Ranch Dressing, Cornbread, Cantaloupe, Yogurt				<b>1</b> Macaroni and Cheese Capri Vegetable Blend Baked Beans Mixed Fruit Blueberry Cheesecake <b>MO: Vegetarian Baked Beans</b> <b>NCS: Banana</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>CLOSED</b>  <b>LABOR DAY</b>	Grilled Chicken Breast Mashed Potatoes Gravy 3 Bean Medley Sliced Peaches WG Dinner Roll w/ Butter M&M Cookie <b>MO: Grilled Tofu with Veggie Gravy</b> <b>NCS: SF Cookie</b>	Rigatoni and Bolognese Parmesan Cheese Mixed Fruit Brownie <b>MO: Plant based Meatballs and Marinara</b> <b>NCS: Sugar Free Chocolate Pudding</b>	Whole Grain French Toast Sticks Syrup Turkey Sausage Patties Egg White Patty Cantaloupe Asparagus tips Juice <b>MO: Plant Based Breakfast Sausage</b> <b>NCS: None</b>	Turkey Sausage Kale Soup WG Dinner Roll w/ Butter Tomato and Cucumber Salad Pineapple Tidbits Planters Peanuts <b>MO: Garden Vegetable Soup</b> <b>NCS: None</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Sausage and Egg Breakfast Scramble* Roasted Potatoes Peas and Pearl Onions Tropical Fruit Blueberry Muffin <b>MO: Vegetarian Egg Bake</b> <b>NCS: None</b>	Teriyaki Chicken Breast Brown Rice Stir Fry Vegetables Mandarin Oranges Peanut Butter Pie <b>MO: Teriyaki Tofu</b> <b>NCS: Sugar Free Fruit Punch Jell-O</b>	Chicken Noodle Soup Pineapple Tidbits Quinoa Salad Sugar Cookie <b>MO: Minestrone</b> <b>NCS: SF Cookie</b>	Roasted Pork Loin* Gravy Sliced Beets Corn Baked Beans WG Dinner Roll w/ butter Chocolate Chip Cookie <b>MO: Macaroni and Cheese</b> <b>NCS: Pineapple Tidbits</b>	Baked Cod Dill Cream Sauce Whole Grain Dinner Roll Capri Vegetables Baked Potato Sour Cream/Butter Rice Krispie Bar <b>MO: Plant Based Shrimp</b> <b>NCS: Banana</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Barbecue Pulled Pork* Barbecue Sauce Good Grains Rice Pilaf w/ Vegetables Baby Lima Beans Banana Cherry Apple Crunch Bar <b>MO: Barbecue Jack Fruit</b> <b>NCS: Red Seedless Grapes</b>	Swedish Meatballs Whole Grain Dinner Roll Mashed Potatoes California Vegetables Sliced Beets Chocolate Cake <b>MO: Plant Based Meatballs</b> <b>NCS: Sugar Free Pudding</b>	Turkey Tetrazzini Carrots Green Beans Mandarin Oranges Kringle <b>MO: Plant Based Garlic Herb Chicken</b> <b>NCS: Cantaloupe</b>	Salisbury Steak Paco Vegetables with Roasted Potatoes Prince Charles Vegetables Sliced Peaches WG Bread Slice w/ butter Nutty Buddy <b>MO: Beyond Burger Patty</b> <b>NCS: Sugar Free Chocolate</b>	Italian Sausage and Peppers* over Whole Wheat Spaghetti Broccoli Applesauce M&M Cookie <b>MO: Plant Based Italian Sausage</b> <b>NCS: SF Cookie</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Cabbage Rolls Green Beans Parisian Carrots Juice Sugar Cookie <b>MO: Plant Based Cabbage Roll</b> <b>NCS: SF Cookie</b>	Brisket Burnt Ends Roasted Root Veggies Good Grains Rice Pilaf Cornbread Cantaloupe Yogurt <b>MO: Plant Based Sausage</b> <b>NCS: Fruit Cup</b>	Grilled Chicken Breast Baked Beans Mixed Vegetables WG Bread with Butter Coleslaw Lemon Cake <b>MO: Grilled Tofu</b> <b>NCS: Sugar Free Jell-O</b>	Whole Grain Three Cheese Calzone with Marinara Italian Vegetables Garden Pasta Salad Mixed Fruit Chocolate Chip Cookie <b>MO: Same Entrée</b> <b>NCS: SF Cookie</b>	Crab Cake Good Grains Pilaf with Vegetables Potato Salad Orange Nutty Buddy <b>MO: Plant Based Shrimp</b> <b>NCS: Planters Peanuts</b>

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 MO = Meatless Option. NCS: No Concentrated Sweets \*Contains Pork

**AtlantisValley Foods: DANE COUNTY SENIOR NUTRITION PROGRAM**

October 2023				
2	3	4	5	6
Balsamic Glazed Chicken Whole Wheat Rotini Three Bean Salad California Vegetable Blend Pineapple Tidbits Chocolate Chip Cookie <b>MO: Veggie Burger</b> <b>NCS: SF Cookie</b> <b>Entree Salad - Garden Vegetable Salad</b>	Hamburger on a Whole Grain Bun Lettuce, Tomato, Onion Corn Roasted Potatoes Rice Krispie <b>MO: Veggie Burger</b> <b>NCS: Red Grapes</b> <b>Entrée Salad - *Cobb Salad</b>	*Bolognese Sauce Spaghetti Noodles Italian Vegetable Blend Green Beans Mandarin Orange Apple Cinnamon Muffin <b>MO Lentil Bolognese</b> <b>NCS: Cantaloupe</b> <b>Entree Salad - *Italian Salad</b>	Creamy Chicken Wild Rice Soup Whole Grain Dinner Roll Side Salad w/ tomatoes & cucumber Dressing Diced Peaches Chocolate Cake <b>MO: Garden Vegetable Soup</b> <b>NCS: SF Jello</b> <b>Entree Salad - Gyro Salad</b>	Broiled Cod Scalloped Potatoes Coleslaw Prince Charles Vegetables Rye Bread Chocolate Pudding Cup <b>MO: Plant Based Italian Sausage</b> <b>NCS: Sugar Free Pudding</b>
9	10	11	12	13
Chicken Parmesan Whole Wheat Spaghetti Broccoli Corn Oreo Cheesecake <b>MO: Three Cheese Calzone</b> <b>NCS: Honey Dew Melon</b> <b>Entree Salad - *Chicken and Bacon Salad</b>	Beef Pot Roast Long Grain Wild Rice Mixed Vegetables Vinegar Cucumber Salad Pineapple Chunks Cherry Strudel <b>MO: Impossible Pot Roast</b> <b>NCS: Orange</b> <b>Entrée Salad - Greek Salad</b>	*Creamy Potato Soup with Bacon Whole Grain Dinner Roll 3-Bean Salad Fruit Cocktail Brownie Cookie <b>MO: Cheesy Broccoli Soup</b> <b>NCS: SF Cookie</b> <b>Entree Salad - *Spinach Salad</b>	Breakfast Sandwich w/ Egg, Turkey Sausage, & Cheese Paco Vegetables with Roasted Potato Asparagus Tips Juice Cinnamon Roll <b>MO: Plant Based Breakfast Sausage</b> <b>NCS: Fruit Cup</b> <b>Entree Salad - Chicken Caesar Salad</b>	Salmon Burger on a Whole Wheat Bun Tartar Sauce Lemon Wedge Quinoa Salad Normandy Vegetables Orange Kringle <b>MO: Black Bean Burger</b> <b>NCS: SF Cookie</b>
16	17	18	19	20
*Oven Baked Ham and Gravy Parisian Carrots Whole Grain Dinner Roll Cauliflower Honey Dew Melon Cherry Gel Cup <b>MO: Smoked Tempeh w/ vegetable gravy</b> <b>NCS: Orange</b> <b>Entree Salad - Turkey Club</b>	Lemon Pepper Chicken Breast Over Long Grain Wild Rice Green Beans Roasted Root Vegetables Grapes Chocolate Chip Cookie <b>MO: Plant Based Garlic Herb Chicken Breast</b> <b>NCS: SF Cookie</b> <b>Entrée Salad - Garden Vegetable Salad</b>	Chicken Broccoli Rice Prince Charles Vegetables Roasted Sweet Potatoes Diced Peaches Oreo Mousse <b>MO: Chickpea Broccoli Rice</b> <b>NCS: Sugar Free Chocolate Pudding</b> <b>Entree Salad - Sunflower Crunch Salad</b>	Sliced Brisket Baked Bean Mixed Vegetables Whole Grain Dinner Roll Pineapple Tidbits Butterscotch Pudding <b>MO: Black Bean Patty</b> <b>NCS: SF Jello</b> <b>Entrée Salad – *Chef</b>	Beef Stroganoff Egg Noodles Whole Grain Dinner Roll Far East Vegetables Applesauce Vanilla Cheesecake <b>MO: Plant Based Ground Beef</b> <b>NCS: Orange</b>
23	24	25	26	27
Spaghetti and Meatballs Crinkle Cut Carrots Steamed Broccoli Apple Tapioca Pudding <b>MO: Veggie Meatballs</b> <b>NCS: SF Pudding</b> <b>Entree Salad - Grilled Chicken Almond</b>	Meatloaf with Gravy Mashed Potatoes Green Beans Side Salad with tomatoes & cucumber Whole Grain Bread Peanut Butter Pie <b>MO: Impossible Loaf with Veggie Gravy</b> <b>NCS: Planters Peanuts</b> <b>Entrée Salad - *Bacon and Bleu</b>	Barbecue Pulled Chicken BBQ Sauce Baked Beans Cornbread Corn Fruit Salad Brownie <b>MO: Barbecue Tofu</b> <b>NCS: Sugar Free Pudding</b> <b>Entree Salad - Garden Vegetable</b>	Whole Grain Pancakes Syrup Turkey Sausage Patties Paco Vegetables Blend with Roasted Potato Juice Banana Blueberry Muffin <b>MO: Plant Based Breakfast Sausage</b> <b>NCS: Orange</b> <b>Entree Salad - *Cobb Salad</b>	Vegetable Beef Barley Soup Whole Grain Dinner Roll Peas and Carrots Roasted Fuji Apples M&M Cookie <b>MO: Sweet Potato and Kale Soup</b> <b>NCS: Sugar Free Chocolate</b>
30	31			
Macaroni and Cheese Capri Vegetable Blend *Hoppin' John Beans Mixed Fruit Sugar Cookie <b>MO: Vegetarian Hoppin' John Beans</b> <b>NCS: SF Cookie</b> <b>Entree Salad - Southwest Chicken Salad</b>	Roasted Chicken Breast Roasted Potato Gravy Coleslaw Honeydew Whole Grain Dinner Roll Strawberry Cheesecake <b>MO: Grilled Tofu with Veggie Gravy</b> <b>NCS: Strawberries</b> <b>Entrée Salad - *Italian Salad</b>	<p align="center"> <b>Meals provided by AtlantisValley Foods.</b>  <b>All menu items are prepared in a kitchen that is not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact.</b>  <b>No substitutions allowed.</b>  <b>MO = Meatless Option.</b>  <b>*Contains Pork</b> </p>		

## **Atlantis Valley Foods – Entrée Salad Descriptions**

*All Salads come individually packaged with Fork, Crouton Packet, and Dressing Packet.  
Each entrée salad meal will include a whole grain dinner roll, butter pat, fruit, and dessert.  
Chickpeas can be substituted for meat in any salad to make it a Meatless Option*

*\*Contains Pork*

### **\*Turkey Club**

Salad Mix, Tomato, Cheddar, Mozzarella, Bacon, Turkey

### **\*Italian**

Salad Mix, Tomato, Banana Pepper, Black Olives, Salami, Mozzarella

### **\*Bacon & Bleu**

Kale Rainbow Lettuce (rainbow kale, shaved Brussels sprouts, Napa cabbage, red cabbage, radicchio, carrots), Bleu Cheese Crumbles, Tomato, Bacon

### **Garden Vegetable**

Salad Mix, Broccoli, Carrot, Cauliflower, Radish, Tomato, Chickpeas

### **\*Spinach Salad**

Spinach, Mushrooms, Tomato, Hard Boiled Egg, Bacon

### **Chicken Caesar**

Romaine, Chicken, Parmesan, Hard Boiled Egg

### **\*Chicken & Bacon Salad**

Salad Mix, Chicken, Bacon, Cheddar, Mozzarella

### **\*Chef**

Salad Mix, Ham, Turkey, Hard Boiled Egg, Tomato, Cheddar

### **\*Cobb**

Salad Mix, Chicken, Tomato, Feta, Bacon, Hard Boiled Egg

### **Greek**

Salad Mix, Kalamata Olive, Tomato, Feta, Chickpeas

### **Sunflower Crunch**

Kale Rainbow Lettuce (rainbow kale, shaved Brussels sprouts, Napa cabbage, red cabbage, radicchio, carrots), Salad Mix, Edamame Beans, Almonds, Sunflower Seeds, Dried Cranberries

### **Southwest Chicken**

Salad Mix, Cajun Chicken, Black Bean Corn Salsa, Cheddar, Mozzarella

### **Grilled Chicken Almond**

Salad Mix, Chicken, Almonds, Cheddar, Mozzarella, Dried Cranberries

### **Gyro Salad**

Salad Mix, Beef & Lamb Gyro Meat, Tomato, Kalamata Olive, Feta, Banana Peppers, Tzatziki Sauce

# September 2023

## Colonial Club Catering

Cottage Grove Deerfield DeForest Marshall Sun Prairie Vienna Windsor				1– Friday Pizza Casserole w/ pasta, mushrooms, onions, cheese, pepperoni Salad w/Carrots Dressing Garlic Bread Pineapple Brownie MO: Meatless Casserole
4- Monday Closed	5-Tuesday Ham Scalloped Potatoes Stewed Tomatoes Applesauce Rye Bread Cookie  MO: Veggie Patty	6-Wednesday Lettuce Salad w/ Turkey, Cranberries, Egg, Onion, Cheese, Carrots, Black Beans Dressing Muffin Banana  MO: No meat, add egg	7-Thursday Egg Salad Croissant Spinach/Romaine Salad Dressing Fruit Medley Italian Ice  MO: Same meal	8-Friday Italian Pasta Salad w/ Cheese, pasta, Pepperoni, black olives, Italian Dressing Cottage Cheese Cucumber/Ch.Tomatoes Pears Sherbet MO: Meatless Pasta
11-Monday Lasagna Green Beans Mandarin Oranges Garlic Bread Fruit Crisp  MO: Veggie Lasagna	12- Tuesday Pot Roast Parsley Potatoes Green Beans Wheat Dinner Roll Peaches Pie or Cheesecake  MO: Veggie Patty	13- Wednesday French Toast Sticks Syrup Sausage Patty Hash Browns Orange Wedges Juice Donut Holes MO: Veggie Sausage	14- Thursday Chicken Tenders Yams Broccoli French Bread Ambrosia Salad  MO: Veggie Chicken	15- Friday Taco Salad w/ Lettuce, Beef, Cheese, Tomato, Onion, Black Beans, Salsa, Sour Cream Tortilla Chips Tropical Fruit Apple Slices MO:No Meat,Add Beans
18-Monday Brat Wheat Bun German Potato Salad Baked Beans Fresh Fruit Mini Danish MO: Cheese Sandwich	19- Tuesday Lettuce Salad w/ Chicken, Celery, Tomato, Carrots, Croutons Ranch Dressing Mandarin Oranges Muffin, Ice Cream MO:No Meat, Add Beans	20-Wednesday Breaded Fish Sandwich Wheat Bun Baby Red Potatoes California Blend Veggies Apple Slices Trail Mix MO: Cheese Sandwich	21- Thursday Italian Beef Mashed Potatoes Carrots Wheat Roll Fresh Melon Lemon Bar MO: Beans and Rice	22- Friday BBQ Pulled Pork Sand. Wheat Bun Coleslaw Baked Beans Applesauce Sherbet MO: Veggie Lasagna
25-Monday Swedish Meatballs Mashed Potatoes Broccoli Wheat Bread Blushing Pears  MO: Veggie Patty	26-Tuesday Smoked Sausage Baby Red Potatoes Sauerkraut Rye Bread Pineapple Cheesecake  MO: Veggie Lasagna	27- Wednesday Romaine Lettuce w/ Grilled Chicken, Apples, Cheese, Cranberries, Almonds Mini Bagel/Cr Cheese Banana Ice Cream MO:No Meat, add beans	28- Thursday Chicken Stir Fry, Chicken/Rice and Stir- Fried Veggies Broccoli Strawberries Cake  MO: Rice and Beans	29 – Friday Seasoned Baked Cod Sweet Potatoes Baked Beans Wheat Bread Peaches Cookie  MO: Rice and Beans





# October 2023

Waunakee Senior Center

Provided by: Taher, Inc.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Boneless Chicken Breast Mashed Potatoes & Gravy Broccoli WW Bread (1 Slice) Banana in Jell-O  MO: Veggie Patty	<b>3 Birthday Bingo</b> C Slow Roasted Pot Roast Mashed Potatoes & Gravy Glazed Carrots WW Dinner Roll Orange Birthday Cake  MO: Caesar Salad with Hard Boiled Eggs	<b>4</b> Omelet Croissant Tri Tator Plum Orange Juice Streusel Coffee Cake	<b>5</b> Pork Loin & Gravy Sweet Potato Casserole Baked Beans Cranberry Sauce WW Bread (1 Slice)  MO: Veggie Patty  Salad: Chicken SW Salad	<b>6</b> Baked Cod with Lemon Caper Sauce Green Onion Rice Corn Green Beans Raisins Sweet Corn Muffin  MO: Crumbles in Sauce
<b>9</b> Ham & Cheese Chowder Broccoli Cauliflower Salad Saltine Crackers Peaches Spice Cake  MO: Veggie Soup	<b>10</b> Turkey Ala King Mashed Potatoes Asparagus WW Bread (1 Slice) Taffy Apple Salad  MO: Meatless Harvest Salad	<b>11</b> Green Bean Tator Tot Casserole "Packer Blend Veggies" – Corn and Peas WW Dinner Roll Banana Warm Cinnamon Tapioca Pudding  MO: Meatless Casserole	<b>12</b> Spaghetti & Meatballs Broccoli WW Dinner Roll Berry Strudel  MO: Spaghetti and Soy Crumbles  Salad: Chef Salad	<b>13</b> Pulled Pork WW Bun Braised Red Cabbage Baked Beans Banana Cookie  MO: Soy Crumbles
<b>16</b> Swiss Steak Brown Rice Butternut Squash Orange Juice  MO: Veggie Burger	<b>17</b> Chicken Casserole Peas Creamed Corn Craisins Cookie  MO: Caesar Salad with Hard Boiled Eggs	<b>18 Entertainment</b> Swedish Meatballs Mashed Potatoes Beets WW Bread (1 Slice) Blueberry Pie  MO: Soy Crumbles	<b>19</b> BBQ Chicken Breast Boiled Red Potatoes Winter Vegetables WW Bun Peaches Gingerbread Bar  MO: Veggie Patty  Salad: Apple Harvest Salad	<b>20</b> Chili Tossed Salad (Romaine, Cucumber, tomato) Corn Bread Kiwi Brownie  MO: Vegetarian Chili
<b>23</b> Meatloaf Au Gratin Potatoes Green Beans WW Bread (1 Slice) Fruit Cocktail  MO: Impossible Meatloaf	<b>24</b> Chicken Parmesan Olive Oil & Parmesan Noodles Carrots WW Dinner Roll Banana in Jell-O  MO: Meatless Harvest Salad	<b>25</b> Breaded Fish Baby Baker Potatoes Baked Beans Sourdough Bread (1 Slice) Waldorf Salad  MO: Cottage and Cheddar Cheese	<b>26</b> Lasagna Mixed Vegetables WW Dinner Roll Mandarin Oranges Pie  MO: Cheese Lasagna  Salad: Cashew Chicken Salad	<b>27</b> Autumn Chicken Salad Rye Bread (2 Slices) Broccoli Salad Pears Lemon Bar  MO: Veggie and Cheese on Rye
<b>30</b> Tuna Noodle Casserole Peas Butternut Squash Raisins Pudding  MO: Meatless Casserole	<b>31</b> Roasted Turkey & Gravy Mashed Potatoes Green Beans WW Dinner Roll Peaches  MO: Caesar Salad with Hard Boiled Eggs			

All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross contact. No substitutions allowed.

**Goodman Community Center - September Senior Menu 2023**

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1
<b>Open face turkey sandwich with gravy</b> (3oz m, slice of whole wheat bread, ¼c gravy) <b>Carrots</b> (½c) <b>Mixed Salad</b> (1.5c) <b>Applesauce</b> (½ c) <b>Cookie</b> <b>MO= Garden Burger Patty</b> (3oz m/ma)	<b>Chicken and rice casserole</b> (1c) <b>Summer Bean Salad</b> (½c) <b>Mixed Salad</b> (1.5c) <b>Pear Pieces</b> (½ c) <b>Jello Cup</b> (1 each) <b>MO= Chickpea Pasta Salad</b> (3oz m/ma)	<b>Baked Haddock</b> (3oz) <b>Mashed Potatoes</b> (½ c) <b>Peas</b> (½c) <b>Whole Wheat Dinner Roll</b> (1 each) <b>Butter</b> <b>Mixed Salad</b> (1.5c) <b>Apricot Halves</b> (½ c) <b>Cake</b> <b>MO= Baked Lemon Tofu</b> (3oz)	<b>Chicken &amp; Veggie Stir-Fry</b> (3 oz m/ma, ½c veg) <b>Steamed Brown Rice</b> (½c) <b>Mixed Salad</b> (1.5c) <b>Pineapple Tidbits</b> (½ c) <b>Cookie</b> (1 each) <b>MO= Tofu Stir Fry</b> (3oz m/ma)	<b>Italian Chicken Sandwich w/Bun</b> (3oz m/ma) <b>Balsamic Glazed Carrots</b> (½c) <b>Mixed Salad</b> (1.5c) <b>Mixed Fruit</b> (½ c) <b>Ice Cream</b> (½c) <b>MO= Pesto Chickpea Salad</b> (3oz)
4	5	6	7	8
<b>Tex-Mex Casserole</b> (3oz m/ma, 2oz brown rice) <b>Broccoli</b> (½c) <b>Mixed Salad</b> (1.5c) <b>Peach Pieces</b> (½ c) <b>Cookie</b> <b>MO = Bean Tex-Mex Casserole</b>	<b>Beef Lasagna</b> (3oz m/ma, 2oz grain) <b>Garlic Butter Sweet Corn</b> (½c) <b>Mixed Salad</b> (1.5c) <b>Banana</b> (½ c) <b>Jello</b> <b>MO= Vegetable Lasagna</b> (3oz m/ma, 2oz grain)	<b>Swedish Meatballs w/ Noodles</b> (3oz m/ma, ½c grain) <b>Sweet Peas</b> (½c) <b>Mixed Salad</b> (1.5c) <b>Orange Slices</b> (½ c) <b>Cake</b> <b>MO= Vegetarian bean Stew over Noodles</b> (3oz m/ma)	<b>Pork Chops</b> (3oz) <b>Mashed Sweet Potatoes and Gravy</b> (½c veg, ¼c gravy) <b>Mixed Salad</b> (1.5c) <b>Mandarin Oranges</b> (½ c) <b>Slice of WW Bread</b> (1 each) <b>Cookie</b> <b>MO= Garden Burger Patty</b> (3oz m/ma)	<b>Chicken, Broccoli, and Brown Rice Casserole</b> (3oz m/ma, ½c grain) <b>Green Beans</b> (½c) <b>Carrots</b> (½c) <b>Mixed Salad</b> (1.5c) <b>Apple Slices</b> (½ c) <b>Pudding</b> (½c) <b>MO= Veggie and Rice Casserole</b> (3oz m/ma, ½c grain)
11	12	13	14	15
<b>Baked Ziti</b> (3oz m/ma, 2oz grain) <b>Succotash</b> (½c) <b>Mixed Salad</b> (1.5c) <b>Applesauce</b> (½ c) <b>Cookie</b> <b>MO= Vegetarian Baked Ziti</b> (3oz m/ma, ½c grain)	<b>Fish Sandwich w/ Cheese</b> (3oz m/ma, 2oz grain) <b>Sweet Peas</b> (½c) <b>Mixed Salad</b> (1.5c) <b>Pear Pieces</b> (½ c) <b>Jello</b> <b>MO= Grilled Cheese Sandwich</b> (3oz m/ma, 2oz grain)	<b>Honey Glazed Ham</b> (3oz) <b>Baked Beans</b> (½c) <b>Cheesy Potato Bake</b> (½c) <b>Whole Wheat Dinner Roll</b> (1 each) <b>Mixed Salad</b> (1.5c) <b>Apricot Halves</b> (½ c) <b>Cake</b> <b>MO= Black Bean Patty</b> (3oz m/ma)	<b>Tater Tot Casserole</b> (3oz m/ma, ½c veg) <b>Slice of Whole Grain Bread</b> (1 each) <b>Mixed Salad</b> (1.5c) <b>Pineapple Tidbits</b> (½ c) <b>Cookie</b> <b>MO= Vegetarian Tater Tot Casserole</b> (3oz m/ma, ½c veg)	<b>Parmesan Chicken w marinara</b> (3oz m/ma, ½c) <b>Pasta</b> (¾ c) <b>Garlic Butter Corn</b> (½c) <b>Mixed Salad</b> (1.5c) <b>Mixed Fruit</b> (½ c) <b>Pudding</b> <b>MO= Fake chicken patty</b> (3oz m/ma)
18	19	20	21	22
<b>Italian Chicken Sandwich w/Bun</b> (3oz m/ma) <b>Roasted Root Veggie Blend</b> (½c) <b>Mixed Salad</b> (1.5c) <b>Peach Pieces</b> (½ c) <b>Cookie</b> <b>MO= Garden burger w bun</b>	<b>Sweet and Sour Chicken</b> (3oz m/ma) <b>Steamed Brown Rice</b> (½c) <b>Stir Fry Veggies</b> (½c) <b>Mixed Salad</b> (1.5c) <b>Banana</b> (½ c) <b>Jello</b> <b>MO= Chickpea Stir Fry</b> (3oz m/ma)	<b>BBQ Chicken Thigh</b> (3oz m/ma) <b>Macaroni Salad</b> (½c) <b>Glazed carrots</b> (½c) <b>Mixed Salad</b> (1.5c) <b>Orange Slices</b> (½ c) <b>Dinner Roll</b> (1 each) <b>Cake</b> <b>MO= BBQ Lentils</b>	<b>Ground Turkey Meatloaf</b> (3oz) <b>Mashed Potatoes</b> (½c) <b>Turkey Gravy</b> (¼c) <b>Whole Wheat Dinner Roll</b> (1 each) <b>Green Beans</b> (½c) <b>Mixed Salad</b> (1.5c) <b>Mandarin Oranges</b> (½ c) <b>Cookie</b> <b>MO=Garden Burger Veggie Loaf</b> (3oz m/ma)	<b>Smoked Pulled Pork Shoulder</b> (3oz) <b>Whole Wheat Bun</b> (1 each) <b>Baked beans</b> (½c) <b>Mixed Salad</b> (1.5c) <b>Apple Slices</b> (½ c) <b>Pudding</b> <b>MO= BBQ Black Bean Patty</b> (3oz m/ma)
25	26	27	28	29
<b>Pasta w/ Meat Sauce</b> (3oz m/ma, 2oz grain) <b>Garlic Butter Green Beans</b> (½c) <b>Garlic Bread</b> (1 slice) <b>Mixed Salad</b> (1.5c) <b>Applesauce</b> (½ c) <b>Cookie</b> <b>MO= Lentil Pasta</b> (3oz m/ma, 2oz grain)	<b>Cheese Burger</b> (3oz) <b>Whole Wheat Bun</b> (1 each) <b>Macaroni Salad</b> (½c) <b>Mixed Salad</b> (1.5c) <b>Pear Pieces</b> (½ c) <b>Jello</b> <b>MO= Cheese Garden Burger</b> (3oz)	<b>Chicken and veggie stir-fry</b> (3oz m, ½c veg) <b>Steamed Brown Rice</b> (½c) <b>Mixed Salad</b> (1.5c) <b>Apricot Halves</b> (½ c) <b>Cake</b> <b>MO= Chickpea and veggie stir fry</b> (3oz m/ma)	<b>Tex Mex Casserole</b> (3oz m/ma, 2oz grain) <b>Broccoli</b> (½c) <b>Mixed Salad</b> (1.5c) <b>Pineapple Tidbits</b> (½ c) <b>Cookie</b> <b>MO= Bean Tex Mex Casserole</b> (3oz m/ma, 2oz grain)	<b>Lemon Baked Haddock</b> (3oz) <b>Roasted Sweet Potatoes</b> (½c) <b>Whole Wheat Dinner Roll</b> (1 each) <b>Mixed Salad</b> (1.5c) <b>Mixed Fruit</b> (½ c) <b>Pudding</b> <b>MO= Lemon Baked Tofu</b> (3oz m/ma)

**SSM Health at Home – City of Madison and Monona Meals on Wheels**

<b>SEPTEMBER 2023</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
				<b>1</b>
<i>Menu is subject to change without notice. No substitutions allowed.</i>	<i>Heating instructions: Reheat to 165°F for 15 seconds.</i>	<i>All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred during cross-contact.</i>		Italian Chicken Sandwich w/Bun Balsamic Glazed Carrots Potato Wedges Mixed Fruit Dessert
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Tex-Mex Casserole Broccoli Fajita Bell Peppers Peach Pieces Dessert	Beef Lasagna Zucchini Garlic Butter Sweet Corn Banana Dessert	Swedish Meatballs w/ Noodles Sweet Peas Carrots Orange Slices Dessert	Pork Chops Mashed Sweet Potatoes and Gravy Cauliflower Mandarin Oranges Slice of WW Bread Dessert	Chicken, Broccoli, and Brown Rice Casserole Green Beans Corn Apple Slices Dessert
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Baked Ziti Succotash Squash Applesauce Dessert	Fish Sandwich w/ Cheese Potato Wedges Sweet Peas Pear Pieces Dessert	Honey Glazed Ham Baked Beans Cheesy Potato Bake Whole Wheat Dinner Roll Mixed Salad Apricot Halves Dessert	Tater Tot Casserole Slice of Whole Grain Bread Broccoli Pineapple Tidbits Dessert	Parmesan Chicken Pasta Garlic Butter Corn Marinara Sauce Mixed Fruit Dessert
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Italian Chicken Sandwich w/Bun Roasted Root Veggie Blend Sweet Peas Peach Pieces Dessert	Sweet and Sour Chicken Steamed Brown Rice Stir Fry Veggies Edamame Banana Dessert	BBQ Chicken Thigh Sweet Potato Wedges Glazed carrots Orange Slices Dinner Roll Dessert	Ground Turkey Meatloaf Mashed Potatoes Turkey Gravy Whole Wheat Dinner Roll Green Beans Mandarin Oranges Dessert	Smoked Pulled Pork Shoulder Whole Wheat Bun Baked beans Creamed Corn Apple Slices Dessert
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Pasta w/ Meat Sauce Green Beans Squash Peaches Dessert	CheeseBurger Whole Wheat Bun Potato Wedges Mixed Salad Pear Pieces Dessert	Chicken and Veggie Stir-Fry Steamed Brown Rice Edamame Apricot Halves Dessert	Beef and Bean Enchilada Casserole Broccoli Fajita Bell Peppers Pineapple Tidbits Dessert	Lemon Baked Haddock Roasted Sweet Potatoes Whole Wheat Dinner Roll Peas Mixed Fruit Dessert

### Hmong Community Center – Weekly Menu – Dine In Only

Monday	Tuesday	Wednesday	Thursday	Friday
Rice Hmong sausage Stir fry bitter melon n mix veg Boiled squash Peach	Rice Beef salad (laab) Stirred fried Chinese broccoli Boiled broccoli Pear	Rice Boiled pork w/mustard green Steamed Carrots and Zucchini Boiled napa cabbage Watermelon	Rice Baked chicken Stir fried cabbage with peppers Boiled yu choy sum Apple	Rice noodle (pho) w/beef green onion, cilantro, lime, basil, lettuce Boiled bok choy Banana

### Stoughton Senior Center – Kim's Café – Served every Thursday – Dine In Only

**Sept. 7<sup>th</sup>** Chicken Caprese Pasta salad, with tomatoes, olives, broccoli, cucumbers, red onion, mozzarella and fresh basil, served with fruit, wheat roll and dessert

**Sept 14<sup>th</sup>** Oven Fried Chicken, with twice-baked potato casserole, Veg., fruit, wheat roll & dessert

**Sept. 21<sup>st</sup>.** Chicken Pot Pie over puff pastry, with mixed vegetables, fruit, wheat roll & dessert

**Sept. 28<sup>th</sup>** Oktoberfest Pork Schnitzel, red cabbage, German potato salad, fruit, wheat roll & dessert

### Monona Senior Center – Catered by Gaylord Catering Service, Inc. – Dine In Only on Fridays September 2023

Friday 1	Friday 8	Friday 15	Friday 22	Friday 29
Pasta Primavera WW Roll Cottage Cheese Sliced Peaches Fruit Yogurt  MO: N/A	Baked Ham* Calico Beans Coleslaw WW Dinner Roll Pears Dessert MO: Stuffed Shell	Chicken Stir-Fry w/ Vegetables Brown Rice Egg Rolls Pineapple Dessert MO: Meatless Stir Fry	Breaded Fish Sandwich Whole Wheat Bun Lettuce/Tomato Caesar Salad Fruit Cocktail Dessert MO: Cheese Ravioli	Baked Chicken Mashed Potatoes & Gravy California Veg Mix Wheat Bread Applesauce Dessert MO: Veg Casserole

### Lechayim Lunchtime Plus – Served at Beth Israel Center – Dine In Only on Mondays Kosher Meals – October 2023

Monday	Monday	Monday	Monday	Monday

Wednesdays  
10 AM – 1 PM



## NO SUBSTITUTIONS OR CHANGES PLEASE

### BREAKFAST

(Available All Day)

#### HOT OFF THE GRIDDLE

- Fruit topped French Toast or Pancake
- Choice of Potato
- Sausage or Ham
- Fruit Cup or Juice

#### POTATO PANCAKE

- 1 Potato Pancake
- Egg
- Sausage or Ham
- Fruit Cup or Juice

#### OMELET

- 2-Egg Cheese Omelet
- Toast
- Choice of Potato
- Fruit Cup or Juice

#### THE COUNTRY

- Home-Style Biscuits smothered with Sausage Gravy
- Scrambled Egg
- Choice of Potato
- Fruit Cup or Juice

#### BREAKFAST SANDWICH

- Farm Fresh Scrambled Egg with Cheese
- Choice of Ham or Sausage Patty
- English Muffin or Croissant
- Choice of Potato
- Fruit Cup or Juice

#### THE SKILLET

- Egg Scramble with Sausage, Tomato, Onion, Mushroom
- Toast
- Choice of Potato
- Fruit Cup or Juice

### LUNCH

#### GRILLED TO PERFECTION

- Hamburger or Grilled Chicken Patty with Cheese, on a Bun
- Coleslaw, Salad, or Veg
- Choice of Potato - Mashed, American Fries or Hashbrowns
- Fruit Cup or Juice
- Ice Cream

#### EVERYDAY SPECIALS

- Liver & Onions or Chopped Steak
- Coleslaw, Salad, or Veg
- Choice of Potato - Mashed, American Fries or Hashbrowns
- Roll
- Fruit Cup or Juice
- Ice Cream

#### SOUP & SANDWICH

- Cup of Soup of the Day
- 1/2 Sandwich Choice - Chicken Salad or Deli
- Coleslaw, Salad, or Veg
- Choice of Potato - Mashed, American Fries or Hashbrowns
- Fruit Cup or Juice
- Ice Cream

#### SPECIAL

- Meatloaf or Baked Cod
- Coleslaw, Salad, or Veg
- Choice of Potato - Mashed, American Fries or Hashbrowns
- Roll
- Fruit Cup or Juice
- Ice Cream

#### ENTRÉE SANDWICH

- Turkey Sandwich or Chicken Club Wrap
- Coleslaw, Salad, or Veg
- Choice of Potato - Mashed, American Fries or Hashbrowns
- Fruit Cup or Juice
- Ice Cream

#### SALAD ENTRÉE

- Taco Salad with Chips or Grilled Chicken Salad with Croutons
- Fruit Cup or Juice
- Ice Cream

All meals include milk and coffee, available upon request.  
Juice must be 100% juice. Choices may be limited. Ask your server.





*Enjoy your  
meal!*



# My Meal, My Way Menu Options

## **B1 THE WHOLESOME**

- ♦ Hearty Rolled Oats, loaded with Nuts and Dried Fruits
- ♦ Whole Wheat Toast, topped with Butter
- ♦ Fruit Cup

## **L1 GRILL FILET**

- ♦ Cod
- ♦ Baked Potato
- ♦ Coleslaw
- ♦ Roll
- ♦ Fruit Cup
- ♦ Dessert of the Day

## **B2 HOT OFF THE GRIDDLE I**

- ♦ French Toast served with Syrup
- ♦ American Potatoes
- ♦ Sausage
- ♦ Fruit Juice

## **L2 SOUP AND SALAD**

- ♦ Cup of Soup (Your choice)
- ♦ Garden Salad
- ♦ Cottage Cheese
- ♦ Fruit Cup
- ♦ Dessert of the Day

## **B3 HOT OFF THE GRIDDLE II**

- ♦ Pancake served with Syrup
- ♦ American Potatoes
- ♦ Sausage
- ♦ Fruit Juice

## **L3 SOUP AND ½ SANDWICH**

- ♦ Cup of Soup (Your choice)
- ♦ ½ Sandwich
- ♦ Coleslaw
- ♦ Fruit Cup
- ♦ Dessert of the Day

## **B4 THE COUNTRY**

- ♦ Home-Style Biscuits smothered with Sausage Gravy
- ♦ Scrambled Egg
- ♦ Fruit Cup
- ♦ Juice

## **L4 CAFÉ GRILL**

- ♦ Grilled Cheeseburger with Lettuce, Tomato and Onion
- ♦ Coleslaw
- ♦ Fruit Cup
- ♦ Dessert of the Day

## **B5 THE SUNRISE**

- ♦ Farm Fresh Scrambled Egg
- ♦ Hash-Brown Potatoes
- ♦ Ham
- ♦ Whole Wheat Toast, topped with Butter
- ♦ Juice

## **L5 THE COMFORTER**

- ♦ Open Faced Roast Beef **OR** Hot Hamburger in Gravy
- ♦ Mashed Potatoes and Gravy
- ♦ Garden Salad
- ♦ Fruit Cup
- ♦ Dessert of the Day

Coffee and Milk are included, available upon request.

*No substitutions please.*



# My Meal, My Way Menu

<b>Cozy Atmosphere</b> 	<b>Smoke House Favorites</b> 
<b>1. BRISKET SANDWICH 1/2</b> <ul style="list-style-type: none"> <li>♦ Smoked Brisket ½ Sandwich</li> <li>♦ Fries</li> <li>♦ Coleslaw</li> <li>♦ Fruit Cup</li> <li>♦ Ice Cream Dip of your choice</li> </ul>	<b>2. THE SMOKER</b> <ul style="list-style-type: none"> <li>♦ Smoked Pork</li> <li>♦ Fries</li> <li>♦ Veggie of the Day</li> <li>♦ Dinner Roll with Butter</li> <li>♦ Fruit Cup</li> <li>♦ Ice Cream Dip of your choice</li> </ul>
<b>3. JUST MY SIZE</b> <ul style="list-style-type: none"> <li>♦ Pulled Pork (slider size)</li> <li>♦ Fries</li> <li>♦ Ziggy's Smoked Baked Beans</li> <li>♦ Fruit Cup</li> <li>♦ Ice Cream Dip of your choice</li> </ul>	<b>4. PIZZA OF THE WEEK</b> <ul style="list-style-type: none"> <li>♦ Slice of Pizza with Meat &amp; Cheese</li> <li>♦ Side Salad</li> <li>♦ Fruit Cup</li> <li>♦ Ziggy's Smoked Baked Beans</li> <li>♦ Ice Cream Dip of your choice</li> </ul>
<b>5. BLT SANDWICH 1/2</b> <ul style="list-style-type: none"> <li>♦ Classic BLT ½ Sandwich</li> <li>♦ Ziggy's Smoked Baked Beans</li> <li>♦ Coleslaw</li> <li>♦ Fruit Cup</li> <li>♦ Ice Cream Dip of your choice</li> </ul>	<b>6. WHACKY MACKY</b> <ul style="list-style-type: none"> <li>♦ Mac-N-Cheese</li> <li>♦ Veggie of the Day</li> <li>♦ Cole Slaw</li> <li>♦ Fruit Cup</li> <li>♦ Ziggy's Smoked Baked Beans</li> <li>♦ Ice Cream Dip of your choice</li> </ul>
<b>7. THE HAMMY</b> <ul style="list-style-type: none"> <li>♦ Grilled Ham &amp; Cheese on Whole Wheat Bread</li> <li>♦ Cup of Tomato Soup</li> <li>♦ Side Salad</li> <li>♦ Fruit Cup</li> <li>♦ Ice Cream Dip of your choice</li> </ul>	<b>8. THE SMOKING CHICK</b> <ul style="list-style-type: none"> <li>♦ Smoked Chicken Leg</li> <li>♦ Tossed Salad</li> <li>♦ Veggie of the Day</li> <li>♦ Dinner Roll with Butter</li> <li>♦ Ice Cream Dip of your choice</li> </ul>

- ♦ Milk and Ice Water are available upon request.
- ♦ Substitutions and take-out are not available with these meals.



## KAVANAUGH'S ESQUIRE CLUB

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**Kavanaugh's Esquire Club,  
1025 N. Sherman Ave.**

**Wednesdays, 11:00 am-1:30 pm**

*\*No meal reservation required*

For transportation, call 512-0000 Ext. 2001 by 10 am the Monday prior. Catered by Kavanaugh's.

- **Wednesday, August 2** : Spaghetti & Meatballs
- **Wednesday, August 9** : Roast Pork & Mashed Potatoes
- **Wednesday, August 16** : Lasagna
- **Wednesday, August 23** : Swiss Steak, Mashed Potatoes
- **Wednesday, August 30** : Turkey & Mashed Potatoes
- **Every Wednesday:** Baked Fish or Sandwich & Soup