

December 2019

Note: All meals include milk and bread (if not listed on the day). Meals are for those 60+ years old. Exemptions apply, but need to be approved. Please call the Nutrition Coordinator for more information. 608-297-3146

Add LIFE Senior Dining Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Swiss Steak Mashed Potatoes Winter Blend Veggies Peaches & Cream	3 Chicken Cordon Bleu Yamoodles Green & Wax Beans Frozen Juice Baker's Choice	4 Brain Boosting Lunch Tuna Sandwich Vegetable Chowder Potato Chips Cake and Ice Cream	5 Shredded Pork & Gravy Rosemary Roasted Potatoes Spinach Bake Zesty Corn Salad Cinnamon Raisin Rice Pudding	6 Chili Cheese Beef Dogs French Fries Peas and Carrots Strawberry Shortcake
9 Beef Barley Soup Veggie Wrap Muffin Melon Balls	10 Closed for Training	11 Baked Chicken Garden Blend Rice Squash Tropical Fruit with Granola	12 Beef Fajita Refried Beans Salad Mexican Quinoa Cinnamon Twists	13 Italian Sub Sandwich Marinated Veggies BLT Salad Blueberry Cup
16 Cheese Ravioli & Meat Sauce Italian Blend Vegetables Cucumber Salad Fruit	17 Cream of Broccoli Soup Club Wrap Sun Chips Jell-O	18 Apple Glazed Pork Loin Sunrise Potatoes Carrots & Asparagus Raspberry Mousse	19 Beef Tips and Gravy Chickpea Pasta Stewed Tomatoes & Zucchini Impossible Coconut Pie	20 Open Face Turkey Gravy Sandwich Mashed Sweet Potatoes Roasted Brussel Sprouts Applesauce/Gripz
23 Chicken Cesar Salad Lettuce, Chicken, Blk Olives, Red Onion, Toms, Banana Peppers and Cheese Strawberry Rhubarb Pie	24 Closed Christmas Eve	25 Closed Christmas	26 Chili Veggies & Hummus Cornbread Pineapple Cup	27 Salmon Patty/ Sauce Potato Pancakes Caramelized Carrots Juice Scone
30 Baked Potato Diced Ham Cheesy Broccoli Corn & Squash Bake Yogurt	31 Closed			