

October 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
	1 Stuffed Peppers Yellow Squash Moon Blend Butter Crunch Bar	2 Claudine's Brain Boosting Salad Spinach, Eggs, Mushrooms, Ham, Red onions, Cheese Cake and Ice Cream	3 Roast Beef and Gravy Mashed Potatoes Asparagus and Carrots Apricots	4 Reuben Sandwich Diced Potatoes Green Beans Orange Cup Pudding
7 Pineapple Shrimp Stir Fry Wild Rice Oriental Blend Vegetables Asian Salad Cake	8 Evening Meal Ham Autumn Chowder Egg Salad Sandwich Corn & Cherry Toms Sweet Potato Bars	9 Chicken Alfredo Broccoli Casserole Sliced Carrots 3 bean Salad Fresh Fruit	10 Breaded Fish Tater Tots Collard Greens Dried Fruit Éclair Bars	11 Italian Meatloaf Pasta Corn with Black Beans V-8 Juice Fruit Cup
14 Cabbage Casserole Peas with Pearl Onions Apples with Dip	15 Honey Lemon Pork and Broccoli 5 Grain Blend/Veggies Capri Blend French silk pie	16 Beef Steak with Gravy Mashed Potatoes Stewed Toms and Zucchini Juice Cookies and Cream Dessert	17 Sweet Potato, Black Bean Quinoa Chili Wilted Spinach Salad Spiced Pears Cake	18 Brat with Onions Calico Baked Beans Steamed Baby Carrots Potato Chips Angel Lush
21 Leek and Potato Soup Ham Salad Sandwich Side Salad Orange	22 Oven Roasted Chicken Mashed Potatoes Festival Blend Strawberry Shortcake	23 Baked Fish Potato Pancakes/Applesauce Bean Medley Craisins Pumpkin Bars	24 Turkey Dumpling Veggie Casserole Beets Country Apples Over Ice Cream	25 Beef and Spinach Lo Mein Sugar Snap Peas Egg Roll German Chocolate Brownies
28 Taco Salad Lettuce, Taco Meat, Diced Toms, Blk Olives, Peppers, Beans, Cheese Frosted Grapes	29 Seasoned Pork Chops Sweet Potatoes Brussel Sprouts Spinach Dip W/ Peppers Cherry Pie	30 Beef Stew Cottage Cheese/Peaches Ambrosia	31 Cranberry Meatballs Garden Rice Fall Blend Veggies Pea Salad Red Velvet Trifle	