September 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 Closed Labor Day	**3 Shredded Pork & Gravy** Korean Quinoa Blend Capri Vegetables Cookie Pineapple	**4 Brain Boosting Lunch** **Salmon and Leek Quiche** Mixed Veggies Kale Salad Cake and Ice Cream	**5 Gr Beef and Gravy** Seasoned Mashed Potatoes Cheesy Broccoli Apple Squash Crisp	**6 Healthy Turkey Skillet (1 cup)** Green Beans Juice Coconut Mousse
9 BBQ Chicken Thighs Garden Blend Rice Edamame Succotash Grapes Cup Cakes	**10 Tuscan Shrimp Pasta** Squash Vegetable from Garden Fruit Cocktail Fluff	**11 Meatballs/mush gravy** Mashed Potatoes California Blend Vegs Juice Muffin	**12 Senior Picnic** **Ham and Cheese on Croissant** Broccoli and Cauliflower W/dip Potato Salad Mixed Berries over Corn cake	**13 Hamburger and Green Bean Casserole** Tater Tots Carrot Fruit Salad Cookie
16 Chicken Lasagna Asparagus Everything But lettuce Salad Yogurt	**17 Beef Patty/Gravy** Mashed Potatoes Bean Medley V-8 Raisin Rice Pudding	**18 Apricot Glazed Ham** Sweet Potatoes Half Moon Blend Vegs Tropical Fruit Cinnamon Rolls	**19 Closed** **Nutrition Staff Training**	**20 Italian Sausage with Peppers, Onions and Mush** Pasta with Vegetables Brussel Sprouts Applesauce cup
23 Vegetable Grain Bowl Brown Rice Tuna Sandwich Watermelon Shortbread Cookie	**24 Sliced Ham/Pineapple** Au gratin Potatoes Caramelized Carrots Veggies W/Dip Banana Split	**25 Oriental Salad** Lettuce, Chicken, Oranges, water Chestnuts, Craisins, Sunflower Seeds, Peas Cherry Dump Cobbler	**26 Baked Tilapia** Sweet Potatoes Beets Cole Slaw Cake	**27 Gyro Skillet** Hash brown Quinoa Blend Warm Spiced Peaches Snicker Apple Dessert
30 Chicken Breast Pasta Egg Plant Parmesan Cauliflower Salad Cranberry Jell-O				