




January 2020

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 Closed 	2 Turkey Carbonara Stewed Tomatoes & Zucchini Apple Juice Four Fruit Compote	3 Chicken Shrimp Jambalaya Over Rice Cabbage & Carrots Grapes Oatmeal Nut Bars
6 Polish Sausage & Sauerkraut Cheesy Diced Potatoes Broccoli & Cauliflower Oranges and Cream Jell-O	7 Chopped Steak with Mushroom Gravy Fortified Mashed Potatoes Broccoli Apple/Cherry Bread Pudding	8 Chicken Parmesan Pasta & Vegetables Mixed Veggies Raisins Cake and Ice Cream	9 Canadian Bacon, Egg & Cheese on English Muffin Potatoes O'Brien Warm Cranberry Sauce Juice Pineapple Pretzel Dessert	10 Cheese Tortellini/ Meat Sauce Roasted Corn & Black Beans Peppers with Dip Fruit Pizza
13 BLT Wrap Cream of Dumpling & Vegetable Soup Pears Cake	14 Salisbury Steak/Gravy Twice Baked Potatoes Asparagus Banana Baker's Choice	15 Pulled Pork/ Gravy Peas Seasoned Butter Beans Raspberry cup Peanut butter Cup Dessert	16 Breaded Fish Potato Pancakes Coleslaw Peaches	17 Chicken Casserole Wild Rice & Vegetables Dried Cranberries Warm Apples/Ice Cream
20 Baked Ham Sweet Potatoes Peas, Corn, Carrots Tropical Fruit	21 Turkey and Gravy Mashed Potatoes Side Salad Fruit	22 Mediterranean Salmon (1/4 c veg) Brown Rice Roasted Brussel Sprouts (1/4 c fruit) Mixed Berry Cheesecake	23 Hamburger Stroganoff Chickpea Pasta Beets Juice Cake	24 Fruit It Up Salad Lettuce, Spinach, Oranges, Diced Apples, Pineapple, Blueberries, Craisins, Cheese Cottage Cheese/ Brownie
27 Baked Chicken Sunrise Potatoes Green Beans Fruited Yogurt	28 Cook's Choice Soup – White Bean Cook's Choice Sandwich With lettuce and Tom Broccoli/Dip Pecan Pie Cobbler	29 Meatloaf Mashed Potatoes Carrots Applesauce Cup Cherry Crisp	30 Sweet & Sour Pork Sugar Snap Peas Fried Rice and Vegetables Fruit Baker's Choice	31 Ham Boiled Dinner String Cheese Juice Jell-O with Fruit (1/2 c)