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 & Blk 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)