



February 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 Open Faced Roast Beef on Texas Toast Sandwich Cook's Choice Veggie Cauliflower Salad Banana Split Dessert
4 Turkey & Gravy Mashed Potatoes Country Blend Veggie Cranberry Sauce Pumpkin Pie	5 Pork Chop Mashed Sweet Potatoes Peas & Carrots Strawberry Shortcake	6 Hawaiian Meatballs Garden Blend Rice Broccoli Trail Mix Cake & Ice Cream	7 Chicken Parmesan Pasta & Vegetables Italian Blend Veggie Fruited Croissant	8 Squash Soup Ham Salad Sandwich Kale Side Salad Honey Pecan Squares
11 Squash Rice with Beef Collard Greens Bean Medley Frozen Juice Cake	12 Tuna Melt Sweet Potato Fries Spinach Salad Tiramisu	13 Chicken Alfredo Lasagna Corn & Squash Bake Mixed Veggies w/ dip Strawberry Oat Bars	14 Beef Steak & Gravy Mashed Potatoes Mixed Vegetable Orange Cherry Cheesecake	15 Western Pasta Salad Pepperoni, Salami, Vegetables Broccoli & Cauliflower Salad Sun Chips Choc Chip Sandwich Cookie
18 	19 Mini Corn Dogs Fried Rice w/ Vegetables Cheesy Broccoli Juice Pudding & Fruit	20 Pork Roast Maple Glazed Sweet Pot WI Blend Veggies Dried Cherries Ice Cream Bar	21 Chicken Dumpling Soup Veggie Wrap Fruit Cup Cake	22 Ground Beef & Beans Gravy, Mashed Potatoes Green Beans Banana Blueberry Breakfast Bar
25 Club Salad Lettuce, Chicken, Ham, Turkey, Tomato, Peas, Cheese Pistachio Dessert	26 Beef Stew Pineapple with Cottage Cheese Mixed Berry Crisp	27 Italian Meatloaf Pasta with Vegetables Edamame Succotash V8 Juice Coconut Cream Pie	28 Chicken Tenders Potato Wedges Diced Carrots Broccoli Salad Choc. Mashed Potato Cupcake	