

January 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 Closed 	2 Pork and Mushroom Stew over Mashed Potatoes Cucumber Sticks Fruit mix	3 Reuben Sandwich Sweet Potato Fries Cauliflower & Carrots Peach Cobbler	4 Chicken Stir Fry Garden Rice Sugar Snap Peas Veggie Egg Rolls Raspberry Strudel
7 Cream of Asparagus Soup Italian Sub Sandwich 7 layer salad Baker's Choice	8 Fish Tenders Baked Beans Peas and Carrots Raisins Brownies	9 Beef Stroganoff Pasta with Vegetables 3- Bean Salad Cake and Ice Cream	10 Pineapple BBQ Chicken Korean Quinoa Blend Capri Blend Vegetables Fruited Jell-O	11 Cook's Choice Cook's Choice Potato Broccoli Salad Walsdorf Salad
14 Bacon Wrapped Pork German Potato Salad Squash Fruited Granola Bar Cake	15 Turkey Carbonara Festival Blend Vegetables Edamame Salad Apple Slices/ Dip	16 Vegetable Soup Chicken Salad Wrap String Cheese Melon Cup	17 Beef Patty and Gravy Mashed Potatoes Stewed Tomatoes & Zucchini Dried Fruit French Silk Pie	18 Ham and Cheese Egg Bake Hashbrowns & Red Quinoa Hot Apple Sauce Orange Juice Cinnamon Roll
21 Cheesy Chicken Casserole Winter Moon Blend Veggies Asparagus Marbled Pudding	22 Salisbury Steak Mashed Potatoes California Blend Vegetables Fruit Bar	23 Potato Crunch Fish Diced Sweet Potatoes Green Beans Cole Slaw Butter Crunch Bar	24 Turkey & Vegetables Diced Red Potatoes Pickled Beets Cake	25 Hot Dog on a Bun Chickpea Mac & Cheese Caramelized Carrots Potato Chips Fruited Yogurt
28 Shredded Pork/ Gravy Mashed Potatoes Cranberry Sauce Apple Slices Cookie	29 Hamburger & Green Bean Casserole Tater Tots Mixed Vegetables Raisin Rice Pudding	30 Chicken Breast Stuffed with Broccoli Rice & Vegetables Brussel Sprouts Frosted Grapes	31 Chili Scalloped Corn Wedge Salad Blueberry Torte	