


All Meals include 1% or Low-Fat
Chocolate Milk. Lactose Free available
by Request.

October 2025

Richland County Senior Dining



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Meatballs w/Mushroom Gravy Mashed Potatoes Carrots Pears WW Roll	2 Chicken Alfredo Steamed Broccoli Peaches	3 Hamburger on a Bun w/All the fixings Corn Apple Slaw BB Brownie
	6 Scalloped Potatoes & Ham Green Beans Watermelon WW Roll	7 Cube Steak w/Diced Tomatoes Peas Fruit Cocktail Wheat Bread	8 Knockwurst Roasted Potatoes Red Cabbage Pears WW Roll	9 Chicken Chilli Baby Carrots Pineapple Orange Cake Corn Bread
	13 Ground Sirloin Steak Mashed Potatoes w/Mushroom Gravy Carrots Pears WW Roll	14 Chicken Chow Mein Brown Rice Chow Mein Noodles Pineapple Fortune Cookie	15 Polish Sausage w/Sauer Kraut Calico Baked Beans Red Skin Potatoes Fruit Cocktail WW Bread	16 Meatloaf Au Gratin Potatoes California Blend Vegetables Peaches WW Roll
	20 Salisbury Steak Mashed Potatoes w/Gravy Carrots Pears WW Roll	21 Italian Rigatoni Mixed Vegetables Tropical Fruit Bread Stick	22 Baked Ham Butternut Squash Green Bean Casserole Pineapple Chunks WW Roll	23 Hamburger Stroganoff Corn Peaches Cookie
	27 Chicken Tetrassini California Blend Vegetables Fruit Cup Garlic Toast	28 Pot Roast Mashed Potatoes w/Gravy Green Beans Mandarin Oranges WW Roll	29 Spaghetti w/Meat Sauce Wheat Pasta Broccoli Florets Apricot Halves	30 BBQ Chicken Drum Roasted Root Vegetables Diced Pears WW Roll
				31 Goulash w/Kidney Beans Cream Corn Hot Cinnamon Apple Slices Pumpkin Bar

All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact and thus cannot offer a substitution item.

Richland County Meal Sites

Germantown 608-983-2786 or 608-983-2798
Richland Center 608-647-2323
Rockbridge 608-649-3269 or 608-647-3900

Meals subject to change on occasion without notice.
ADRC 608-647-4616 or 877-794-2372

Reservation Required please call 1 business day prior.

