

Nutrition Program Menu September 2023

Occasionally, it is necessary to make changes in the menus. All meals are served with milk. Please call the meal site for reservations by 12:30pm at least one day in advance.

Richland Center Meal Site Serves at 11:45am Mon.- Fri. (Congregate) For Reservations please call by 12:30pm the day before Tina/Sandi (608) 647-2323; M-W-F (Home Delivered) Call (ii608) 647-4616

Germantown Meal Site – (Home Delivered) Monday, Wednesday & Thursday; (Congregate) 11:15am Wednesday Only – Rita Connors (608) 983-2798

Rockbridge Meal Site – Serves at 11:30am M-W-F – For Reservations please call by 12:30pm the day before Norma (608) 647-3900 or Leave a message at (608) 649-3269



1
Chicken Casserole
Broccoli Buds
Lemon Bar

4
Labor Day

Meal Sites
~CLOSED~

5
Roasted Chicken
Redskin Potatoes
Squash
Wheat Bread
Cranberry Fluff Salad

6
Roast Beef
Mashed Potatoes w/Gravy
Carrots
Wheat Bread
Cookie

7
Chicken Lasagna
Green Beans
Wheat Garlic Stick
Peaches or Peach Dessert

8
Shepherd's Pie
Lettuce Salad w/Dressing
Wheat Bread
Angel Food Cake
w/Strawberries and Whipped Topping

11
Chicken Alfredo w/Fettucine
Caesar Salad
Carrots
Pumpkin Bar W/Crm Cheese Frosting

12
Ring Bologna
Homemade Mac-N-Cheese
Green Beans
Fruited Jell-O w/Topping

13
Pulled BBQ Pork on a Bun
Roasted Potatoes
Baked Beans
Apple Pie

14
Baked Ham
Augratin Potatoes
California Blend Vegetables
Fruit Cocktail
Wheat Bread

15
Tuna Casserole
Coleslaw
Green Beans
Tropical Fruit

18
Goulash w/Beans
Broccoli Buds
Cornbread
Scotch-a-Roo

19
Grilled Chicken Breast w/Gravy
Rice Pilaf
Peas & Carrots
Fruited Dessert

20
Ground Sirloin Steak
Mashed Potatoes w/
Mushroom Gravy
Capri Vegetables
Wheat Bread
Ice Cream Cup

21
Tater Tot Casserole w/Beans
Mandarin Oranges
Wheat Bread
Oatmeal Raisin Cookie

22
Baked Cod
Baked Sweet Potatoes
3-Bean Salad
Wheat Bread
Fruit Crisp w/Topping

25
Kielbasa w/Sauerkraut
Red Skin Potatoes
Beets
Wheat Bread
Fruit or Fruited Dessert w/Topping

26
Chicken Fried Rice
Egg Roll
Fortune Cookie

27
Roast Pork Loin
Scalloped Potatoes
Broccoli Buds
Wheat Bread
Frosted Birthday Cake

28
Italian Rigatoni
Cut Green Beans
Tropical Fruit
Wheat Breadstick
Cookie

29
Hamburger on a Bun
Potato Salad
Calico Baked Beans
Watermelon
Cookie

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.