

NUTRITION PROGRAM

Nutritious daytime meals are offered at thirteen locations throughout the Madison and Monona area, Monday-Friday. The meal is well balanced and appealing for seniors who don't enjoy cooking or eating alone. **Meals and transportation require a reservation.**

SOUTH MADISON MENU & LOCATIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Meals provided by: Dane County Consolidated Food Services Division 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. No substitutions allowed. MO = meatless option</p>				<p>01 Tuna Salad Sandwich Tomato Soup, Pears Apple Sauce Bar MO: Egg Salad Sandwich Salad: Chicken</p>
<p>04 Enchilada Casserole Cauliflower Corn with Black Beans Mandarin Oranges Frosted Churro Cake MO: Bean Cheese Burrito</p>	<p>05 Beef Stroganoff Stewed Tomatoes Mixed Green Salad Butterscotch Ice Cream MO: Veggie Balls</p>	<p>06 Spinach, Mushroom, Swiss Quiche, Stewed Tomatoes, Roasted Red Potatoes, Tropical Fruit Iced Zucchini Bars MO: N/A</p>	<p>07 Chicken Strips Green Beans, Chickpea Salad, Bread, Fruit Cup Apple Crisp MO: Garden Burger</p>	<p>08 Tuna Casserole Roasted Carrots Pickled Beets, Banana Lime Sherbet MO: Tom/Cheez Sandwich Salad: Hummus Platter</p>
<p>11 Roasted Turkey in Gravy Rice Pilaf, Creamed Corn Cranberry Sauce Fruit Cocktail, Brownie w Peanut Butter Frosting MO: Veggie Wrap</p>	<p>12 Taco Pasta Casserole Broccoli, Cauliflower Pineapple, Blueberry Crisp MO: Rice and Beans</p>	<p>13 Chicken Sandwich Lettuce, Tomato, Mayo Cheesy Potatoes 4 Bean Salad, Orange Frosted Chocolate Cake MO: Multigrain Burger</p>	<p>14 Meatballs in Gravy Mashed Potatoes California Blend Topical Fruit, Bread Strawberry Ice Cream MO: Veggie Balls</p>	<p>15 Sloppy Joe, Kidney Bean Salad, Mixed Vegetables Banana, Strawberry Cake MO: Soy Sloppy Joe Salad: Pork Taco</p>
<p>18 Corned Beef, Cabbage Carrots, Bread Roasted Red Potatoes Mandarin Oranges Mint Brownie MO: Veggie Balls</p>	<p>19 Chicken Macaroni Salad Marinated Tomatoes Broccoli Salad, Fruit Cup Sugar Cookie MO: Veggie Mac. Salad</p>	<p>20 Meat Sauce Spaghetti Wax Beans, Mixed Green Salad, Peaches, Ice Cream MO: Veggie Sauce</p>	<p>21 Pork Loin in Gravy Mashed Potatoes Garden Vegetables Bread, Mandarin Oranges Butterscotch Pudding MO: Hummus Wrap</p>	<p>22 Lemon Baked Fish Baked Sweet Potato Tropical Fruit, Bread Pound Cake MO: Black Bean Burger Salad: Tuna</p>
<p>25 Italian Sausage on Bun Roasted Potatoes Stewed Tomatoes Orange, Rice Pudding MO: Veggie Wrap</p>	<p>26 Chili, Baked Potato Cornbread, Banana, Strawberry Ice Cream MO: Veggie Chili</p>	<p>27 Pulled Pork on a Bun Coleslaw, Carrot Raisin Salad, Melon Frosted White Cake MO: Hummus and Pita</p>	<p>28 Chicken Stew, Bread Broccoli, Tropical Fruit Vanilla Pudding MO: Veggie Stew</p>	<p>29 Pot Roast & Gravy Potatoes, Carrots, Onions Corn, Bread, Cinnamon Apples, Blueberry Cobbler MO: Veggie Balls Salad: Chef's</p>

South Madison Locations	Address	Day	Time
Fisher Taft Apartments	2025 Taft Street	M-F	11:30 am
Romnes Apartments	540 West Olin Avenue	M-F	11:30 am
Madison Senior Center	330 West Mifflin Street	M-F	11:30 am

RESERVATIONS

Meal, bus reservations, and cancellations should be made by calling (608) 512-0000 by Noon at least one business day in advance.

TRANSPORTATION

Transportation is available through Transit Solution which is door-to-door service. Suggested donation is \$1.00 per round trip, but no one is denied service. Reservation is required.

DONATION

If you are age 60 and older, the suggested minimum donation is \$4.00. If you're under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost \$8.97.

MENUS FOR THE DANE COUNTY NUTRITION PROGRAM

Menus are designed to meet one-third of the daily recommended intake for older adults. Some items are higher in sodium and cholesterol than others; overall the

menu for the month has a moderate amount of both. Hot foods are served at 140+ degrees F. and cold foods at 40+ degrees F., which may affect food consistency. Mary Browning, DTR, reviews all menus. All comments are welcome.

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NORTH, WEST & EAST MADISON MENU & LOCATIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Meals provided by: Goodman Catering 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. No substitutions allowed. MO=Meatless Option Fruit and Dessert Served Daily</p>				<p>01 Beef Goulash Mixed Vegetables MO: Veggie Goulash</p>
<p>04 Sausage Mac and Cheese, Green Beans Mixed Salad MO: Mac and Cheese</p>	<p>05 Roasted Chicken Roasted Vegetables Brown Rice MO: Baked Tofu Salad: Chef</p>	<p>06 Cheese Burger Lettuce, Tomato Potato Soup MO: Veggie Burger</p>	<p>07 Pork Ribs, Cornbread Baked Beans, Coleslaw MO: BBQ Baked Tofu</p>	<p>08 Beef Stew with Vegetables, Biscuit Mixed Salad MO: Veg. Bean Stew</p>
<p>11 Chicken and Broccoli Alfredo, Squash Soup Mixed Salad MO: Tofu Alfredo</p>	<p>12 Brat, Sauerkraut Onions, Baked Beans MO: Veggie Burger Salad: Rasp. Chicken</p>	<p>13 Chicken Teriyaki Stir Fry Vegetables Rice, Mixed Salad MO: Tofu Teriyaki</p>	<p>14 Corned Beef Hash Mixed Vegetables Bread MO: Tofu Hash</p>	<p>15 Turkey Noodle Soup Roasted Root Veg. Mixed Salad MO: Veg. Noodle Soup</p>
<p>18 Chicken and Sausage Jambalaya, Peas MO: Veg. Jambalaya</p>	<p>19 Corned Beef, Cabbage Potatoes, Carrots Watergate Salad, Bread Grasshopper Pie, MO: Tofu and Cabbage Salad: Tuna Salad</p>	<p>20 Sweet and Sour Chicken Steamed Rice Stir Fry Vegetables Mixed Salad MO: Veggie Stir Fry</p>	<p>21 Hot Ham Sandwich Carrot Soup Mixed Salad MO: Grilled Cheese Sandwich</p>	<p>22 Chicken Casserole Broccoli Medley Mixed Salad MO: Veggie Casserole</p>
<p>25 Meat Lasagna, Corn Mixed Salad MO: Veggie Lasagna</p>	<p>26 Swedish Meatballs Noodles, Steamed Carrots, Mixed Salad MO: Veg. Bean Stew Salad: BLT Cobb</p>	<p>27 Pork Chops Red Potatoes Mixed Vegetables Bread MO: Veggie Burgers</p>	<p>28 Tater Tot Casserole Vegetarian Bean Soup Mixed Vegetables MO: Veg. Tater Tot Casserole</p>	<p>29 Baked Cod Roasted Sweet Potatoes, Coleslaw Bread, Fruit Salad MO: Baked Tofu</p>

East Madison/Monona Locations	Address	Day	Time
Monona Meadows	250 Femrite Drive, Monona	M & W	Noon
Messiah Madison	5202 Cottage Grove Road	T	Noon
North Madison Locations	Address	Day	Time
Warner Park Community Ctr	1625 Northport Drive	M-W & F	11:30 am
Goodman Community Ctr	149 Waubesa Street	M-F	11:45 am
West Madison Locations	Address	Day	Time
Meadowridge Commons	5734 Raymond Road	T-TH	Noon
Lussier Community Center	55 South Gammon Road	F	Noon