

# NUTRITION PROGRAM

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

## SOUTH MADISON MENU & LOCATIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>01</b> Beef Pot Pie Creamed Spinach Apple Juice Strawberry Jell-O MO: Veggie Pot Pit	<b>02</b> Chicken and Gravy Mashed Potatoes Green Beans, Orange Cookie MO: Veggie Chicken	<b>03</b> Fish Sandwich Yams, Coleslaw Fruit Cup, Cake MO: Black Bean Burger	<b>04</b> BBQ Chicken Potato Salad, Cali Blend Melon Cup Pineapple Cake MO: Veggie Wrap	<b>05</b> Meatballs over Pasta Carrots, Green Salad Banana Ambrosia Salad Salad: Veggie Meatballs
<b>08</b> Chicken Salad, Croissant Broccoli Salad Pickled Beets, Peaches Cheesecake Brownie MO: Egg Salad	<b>09</b> Cheeseburger Calico Beans Potato Salad, Fruit Pineapple Ruff MO: Garden Burger	<b>10</b> Egg Salad Sandwich Carrot Cabbage Slaw 3 Bean Salad, Grape Juice Dreamside Whip MO: N/A	<b>11</b> Beef Stew Biscuit, Green Beans Applesauce Chocolate Banana Cake MO: Veggie Stew	<b>12</b> Italian Lasagna Salad, Breadstick Fresh Fruit, Lemon Bar MO: Veggie Lasagna Salad: Tuna
<b>15</b> Chicken Mac Casserole Peas, Tomato Juice Pineapple Butterscotch Pudding MO: Mac and Cheese	<b>16</b> Cheese Tortellini Bake Spinach, Oranges Sugar Cookie MO: Veggie Tortellini Bake	<b>17</b> Baked Chicken Mashed Potatoes, Gravy Green Beans, Applesauce Blueberry Pie MO: Veggie Chicken	<b>18</b> Meatloaf with Gravy Mashed Potatoes Corn, Apple Juice Frosted White Cake MO: Hummus Wrap	<b>19</b> Chicken a la King Biscuit, Carrot Corn Salad Peaches, Sherbet MO: Veggie Chicken Salad: Chef's
<b>22</b> Ham Slice Sweet Potatoes Broccoli Salad, Roll Pineapple Coconut Cream Pie MO: Multigrain Burger	<b>23</b> Pot Roast with Gravy Mashed Potatoes Mixed Green Salad Orange, Pudding MO: Veggie Meatballs	<b>24</b> Egg Bake, Red Potatoes Grape Juice, Biscuit Spiced Apples MO: N/A	<b>25</b> Pizza Burger Bean Salad, Cucumbers Banana Chocolate Chip Cookie MO: Garden Burger	<b>26</b> Ham & Potato Casserole Cali Blend, Fruit Cup Chocolate Cream Pie MO: Veggie Casserole Salad: Chicken Taco
<b>29</b> BBQ Chicken Sweet Potato, Fruit Chocolate Cake MO: Veggie Chicken	<b>30</b> Tuna Salad Sandwich Veggie Salad, Pears Chickpea Salad, Apple Bar MO: Egg Salad	<b>Meals provided by: Dane County Consolidated Food Services Division</b> 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		

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
<b>01</b> Parmesan Chicken Penne Pasta, Peas MO: Pasta Bake	<b>02</b> Chicken Salad Sandwich, Potato Salad MO: Veggie Burger Salad: Harvest	<b>03</b> Beef Stir Fry Mixed Salad MO: Tofu Stir Fry	<b>04</b> BBQ Chicken Thighs Sweet Potatoes Mixed Salad MO: Veggie Burger	<b>05</b> Meatloaf Mashed Potatoes Sweet Corn MO: Veggie Curry
<b>08</b> Pulled Pork, Baked Beans, Mixed Salad MO: 3 Bean Stew	<b>09</b> Spaghetti, Meat Sauce Mixed Salad MO: Veggie Pasta Salad: Rasp. Chicken	<b>10</b> Grilled Chicken Thighs Baked Potato, Corn MO: Baked Tofu	<b>11</b> Sloppy Joe Potato Wedges Steamed Broccoli MO: Lentil Joe	<b>12</b> Chicken Pot Pie Mashed Potatoes MO: Veggie Pot Pie
<b>15</b> Baked Cod Vegetable Soup MO: Baked Tofu	<b>16</b> Beef Goulash Mixed Vegetables MO: Veggie Goulash Salad: Tuna Salad	<b>17</b> Sausage Mac & Cheese Steamed Green Beans Mixed Salad MO: Mac and Cheese	<b>18</b> Roasted Herb and Garlic Chicken Roasted Vegetables Brown Rice MO: Baked Tofu/Veg.	<b>19</b> Cheeseburger Potato Soup MO: Veggie Burger
<b>22</b> BBQ Pork Ribs Baked Beans, Veggies Cornbread MO: Grilled Tofu	<b>23</b> Sliced Ham Cheesy Potatoes Green Beans Pineapple Coconut Pie Salad: BLT Cobb	<b>24</b> Beef Stew with Veggies, Mixed Salad Biscuit MO: Veggie Burgers	<b>25</b> Chicken and Broccoli Alfredo Squash Soup MO: Tofu Alfredo	<b>26</b> Brat on Bun Baked Beans MO: Veggie Burger
<b>29</b> Chicken Teriyaki Stir Fry Veggies Brown Rice MO: Tofu Teriyaki	<b>30</b> Corned Beef Hash Mixed Vegetables MO: Tofu Hash Salad: Chef	<p><b>Meals provided by: Goodman Catering</b></p> <p>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>		

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

# RESTAURANT, GROCERY AND KOSHER SITES

North Madison and East Madison/Monona Locations	Address	Day	Time
Festival Foods	810 E. Washington Avenue	TH	11:00 am-1:00 pm
Cranberry Creek	1501 Lake Point Drive	F	8:30-10:30 am

### Meal and Transportation Reservations:

Meal reservation is ***not*** required for the Festival Foods or Cranberry Creek sites. Transportation reservation is required by calling Transit Solutions at (608) 294-8747 by 10:00 am at least one business day in advance.

- More about Cranberry Creek: There are at four delicious breakfast meal options to choose from each week made from fresh, organic ingredients.
- More about Festival Foods: Enjoy the extensive salad bar and a bowl of soup. Dining space is available in the Festival Foods Mezzanine overlooking downtown Madison. After lunch, do your grocery shopping before returning home.

West Madison Kosher Site	Address	Day	Time
Beth Israel Center	1406 Mound Street	M Sept-May	Noon

### Meal and Transportation Reservations:

Meal and transportation reservations are required by calling Paul Borowsky at Jewish Social Services (608) 442-4081 or office@jssmadison.org by 2:00 pm the preceding Wednesday. A meatless or strictly kosher option is available. Catered by UW Hillel Adamah Catering.

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