

# 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
<p><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</p>		<p><b>01</b> Enchilada Casserole Cauliflower, Corn w/Black Beans, Mandarin Oranges Frosted Churro Cake MO: Bean/Cheese Burrito</p>	<p><b>02</b> Beef Stroganoff Over Noodles, Stewed Tomatoes, Mixed Green Salad, Fruit Cocktail Apple Crisp MO: Veggie Meatballs</p>	<p><b>03</b> Chicken Strips Green Beans, Pea Salad Dinner Roll, Fruit Cup Butterscotch Ice Cream MO: Egg Salad Salad: Cottage Cheez Plate</p>
<p><b>06</b> Tuna Casserole Roasted Baby Carrots Pickled Beets, Banana Brownie MO: Veggie Wrap</p>	<p><b>07</b> Roasted Turkey in Gravy Rice Pilaf Creamed Corn Cranberry Sauce Mixed Fruit, Lime Sherbet MO: Veggie Chic. in Gravy</p>	<p><b>08</b> Taco Pasta Casserole Broccoli, Cauliflower Pineapple, Blueberry Crisp MO: Rice and Beans</p>	<p><b>09</b> Chicken Sandwich Lettuce, Tomato, Mayo Cheesy Potatoes 4 Bean Salad, Orange Frosted Chocolate Cake MO: Black Bean Burger</p>	<p><b>10</b> Meatballs in Gravy Mashed Potatoes California Blend Fruit Cup, Ice Cream MO: Veggie Meatballs Salad: Tuna</p>
<p><b>13</b> Sloppy Joe on Bun Kidney Bean Salad Mixed Vegetable, Banana Frosted Strawberry Cake MO: Soy Sloppy Joe</p>	<p><b>14</b> Chicken Macaroni Salad Marinated Tomatoes Broccoli Salad Melon Fruit Cup Sugar Cookie MO: Veggie Mac Salad</p>	<p><b>15</b> Saucy BBQ Ribs Cheesy Potatoes Coleslaw, Tropical Fruit Corn Bread Root Beer Float MO: Garden Burger</p>	<p><b>16</b> Meat Sauce Spaghetti Noodles Wax Beans, Mixed Green Salad, Peaches, Brownie MO: Marinara Sauce</p>	<p><b>17</b> Pork Loin in Gravy Mashed Potatoes Vegetables, Mandarins Butterscotch Pudding MO: Hummus Wrap Salad: Beef Taco</p>
<p><b>20</b> Chili, Baked Potato Banana, Cornbread Rice Pudding MO: Veggie Chili</p>	<p><b>21</b> Italian Sausage on Bun Oven Roasted Potatoes Stewed Tomatoes Orange Strawberry Ice Cream Cup MO: Hummus &amp; Pita</p>	<p><b>22</b> Lemon Baked Fish Baked Sweet Potato Tropical Fruit Blueberry Pound Cake MO: Veggie Wrap</p>	<p><b>23</b> Pulled Pork on Bun Creamy Coleslaw Carrot Raisin Salad Melon Slice Vanilla Pudding MO: Tomato Cheez. Sand.</p>	<p><b>24</b> Brat on Bun Broccoli Cauliflower Salad Sauerkraut, Watermelon Peach Crisp MO: Multigrain Burger Salad: Chicken</p>
<p><b>27</b> <b>CLOSED</b></p>	<p><b>28</b> Beef Pot Pie w/Biscuit Top Creamed Spinach Apple Juice Strawberry Jell-O MO: Veggie Meatballs</p>	<p><b>29</b> Chicken and Gravy Mashed Potatoes Green Beans, Orange Carnival Cookie MO: Veg. Chicken &amp; Gravy</p>	<p><b>30</b> Fish Sandwich on Bun Cheese Slice Yams, Coleslaw Fruit Cup, Chocolate Frosted White Cake MO: Veggie Wrap</p>	<p><b>31</b> Saucy BBQ Ribs Cheesy Potatoes, Corn Melon Mix, Lemon Bars MO: Black Bean Burger Salad: Hummus Platter</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.

**All comments are welcome.**

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# NORTH, WEST & EAST MADISON MENU & LOCATIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Meals provided by: Goodman Catering</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. Fruit and Dessert Served Daily.</p>		<p><b>01</b> Open Face Turkey &amp; Gravy Sandwich Roasted Maple Butternut Squash Brussels Sprouts MO: 3 Bean Stew</p>	<p><b>02</b> Chicken Rotini Salad (cold), Broccoli Salad Carrot Slaw MO: Veg. Bean and Mushroom Jambalaya</p>	<p><b>03</b> Baked Lemon Tilapia Baked Potato Cole Slaw Wheat Dinner Roll MO: Baked Lemon Tofu</p>
<p><b>06</b> Sweet &amp; Sour Chicken Steamed Brown Rice Stir Fry Veggies Mixed Salad MO: Chickpea &amp; Mushroom Stir Fry</p>	<p><b>07</b> Italian Chicken Sandwich, Glazed Carrots, Tomato &amp; Cucumber Salad MO: Veggie &amp; Hummus Salad: Chicken Caesar</p>	<p><b>08</b> Chicken Enchilada Casserole Broccoli Medley Mixed Salad MO: Black Bean &amp; Cheese Enchilada</p>	<p><b>09</b> Beef Lasagna Garlic Sweet Corn Mixed Salad Garlic Bread MO: Veg. Lasagna</p>	<p><b>10</b> Swedish Meatballs Over Egg Noodles Steamed Carrots Mixed Salad MO: Vegetarian Bean Stew</p>
<p><b>13</b> Pork Chops Mashed Sweet Potatoes &amp; Gravy Steamed Broccoli Slice of Wheat Bread MO: Veggie Burger</p>	<p><b>14</b> Chicken &amp; Rice Casserole, Green Beans Summer Bean Salad MO: Veggie &amp; Rice Salad: Summer Strawberry Salad</p>	<p><b>15</b> Baked Ziti Garlic Sweet Peas Mixed Salad MO: Veg. Baked Ziti</p>	<p><b>16</b> Fish Sandwich with Cheese, Med. Quinoa Salad, Mixed Salad MO: Grilled Cheese Sandwich</p>	<p><b>17</b> Honey Glazed Ham Cheesy Potato Bake Maple Glazed Carrots Wheat Dinner Roll MO: Vegetarian Loaf</p>
<p><b>20</b> Ground Beef Tater Tot Casserole Broccoli Salad Slice of Wheat Bread MO: Vegetarian Tater Tot Casserole</p>	<p><b>21</b> Baked Parmesan Chicken Over Pasta Marinara Sauce, Corn MO: Grilled Veggie Sausage over Pasta Salad: Chicken Cobb</p>	<p><b>22</b> Grilled Chicken and Vegetable Kababs Strawberry &amp; Spinach Summer Salad Corn Bread MO: Falafel &amp; Veggies</p>	<p><b>23</b> Chicken Salad Sandwich Potato Salad Tomato &amp; Cucumber Salad MO: Veggie Burger</p>	<p><b>24</b> Flank Steak Stir Fry Veggies Asian Cabbage Slaw Steamed Brown Rice MO: Tofu Stir Fry</p>
<p><b>27</b> <b>CLOSED</b></p>	<p><b>28</b> Turkey Meatloaf Mashed Potatoes Gravy, Wheat Dinner Roll, Sweet Corn MO: Vegetarian Loaf Salad: Summer Harvest</p>	<p><b>29</b> Smoked Pulled Pork Bun, Baked Beans Mixed Salad MO: Veg. BBQ Sandwich</p>	<p><b>30</b> Spaghetti with Meat Sauce, Garlic Butter Green Beans, Mixed Salad, Garlic Bread MO: Vegetarian Spaghetti Bake</p>	<p><b>31</b> Cheeseburger Bun, Quinoa &amp; Vegetable Salad, Tomato Salad MO: Veggie Burger</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 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.
- 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.

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

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. Lechym ends for the season after May 13 until September.

#### Monday, May 6 Menu

Hickory smoked BBQ chicken, tszimmes, couscous, salad, rugalach, MO: BBQ with jackfruit

#### Monday, May 13 Menu

Beef brisket, garlic roasted red potato, roasted carrots, salad, babka, MO: "Impossible Meat" loaf

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