

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 |
|--|--|--|--|---|
| 03 Meatballs in Marinara Over Penne, Carrots Broccoli Salad, Fresh Fruit Ambrosia Salad MO: Veggie Meatballs | 04 Chicken Salad, Croissant Mixed Greens Salad Pickled Beets, Peaches Cheesecake Brownie MO: Hummus and Pita | 05 Beef Stew, Biscuit Green Beans Chunky Apple Sauce Choc. Chip Banana Cake MO: Veggie Stew | 06 Egg Salad Sandwich Pickled Beets 3 Bean Salad Grape Juice Dreamsicle Whip | 07 Cheeseburger Potato Salad Calico Beans Fruit Cup Chocolate Chip Cookie MO: Black Bean Burger Salad: Cottage Cheese Platter |
| 10 Chicken Mac Casserole Peas, Tomato Juice Pineapple Butterscotch Pudding MO: Mac and Cheese | 11 Cheese Tortellini Bake Bread Stick, Spinach Mandarin Oranges Blueberry Crisp MO: Veggie Tortellini Bake | 12 Chicken a la King Brown Rice, Carrots Corn Salad, Peaches Raspberry Sherbet MO: Veggie a la King | 13 Traditional Meatloaf Mashed Potatoes Corn, Apple Juice Frosted White Cake MO: Garden Burger | 14 Pot Roast with Gravy Mashed Potatoes Mixed Salad, Orange Tapioca Pudding MO: Egg Salad Salad: Egg |
| 17 Egg Bake Diced Roasted Red Potatoes, Biscuit Spiced Apples | 18 Ham and Potato Casserole California Blend Mixed Fruit Cup Chocolate Cream Pie MO: Veggie Casserole | 19 Meatloaf Mashed Potatoes & Gravy Green Bean Casserole Chunky Applesauce Frosted Carrot Cake MO: Veggie Meatballs | 20 Pizza Burger Navy Bean Salad Marinated cucumbers Banana, Pecan Pie MO: Garden Burger | 21 BBQ Chicken Breast Baked Sweet Potato Tropical Fruit Chocolate Cake MO: Veggie BBQ Chicken Salad: Beef Taco |
| 24 Enchilada Casserole Cauliflower, Confetti Corn w/Black Beans Mandarin Oranges Frosted Churro Cake MO: Bean & Cheese Burrito | 25 Beef Stroganoff Stewed Tomatoes Mixed Green Salad Fruit Cocktail Apple Crisp MO: Veggie Stroganoff | 26 Seafood Salad on Chopped Romaine Tomato Slices Mixed Fruit Strawberry Shortcake MO: Egg Salad | 27 Chicken Strips Green Beans Pea Salad Fruit Cup Butterscotch Ice Cream MO: Veggie BBQ Chicken | 28 Tuna Casserole Roasted Baby Carrots Pickled Beets, Banana Lime Sherbet MO: Veggie Casserole Salad: Chicken |

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

| 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 reservation, transportation reservation, and cancellation 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. No one is denied service. Reservation is required. (608) 512-0000

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.

Important

Meadowridge Commons Lunch Temporarily Moving to Good Shepherd Church

Effective Tuesday, June 18 until Thursday, August 15, the Meadowridge Commons lunch will be held at Good Shepherd due to the MSCR Programming.

HELP PROTECT YOUR FAMILY & HOME
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Dr. Steph Greer, PT, DPT



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NORTH, WEST & EAST MADISON MENU & LOCATIONS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| 03 Chicken Teriyaki Stir Fry Vegetables Steamed Brown Rice Asian Cabbage Salad MO: Vegetarian Teriyaki | 04 Beef and Bean Enchilada Casserole, Cowboy Caviar Mixed Salad MO: Bean and Cheese Enchilada Casserole Salad: Beef Taco | 05 Seasoned Baked Cod Roasted Sweet Potatoes Summer Vegetable Mixed Salad MO: Lemon Baked Tofu | 06 Hungarian Beef Goulash Cucumber Salad Mixed Salad MO: Vegetable Goulash | 07 Sausage Mac and Cheese Steamed Broccoli Mixed Salad MO: Mac and Cheese |
| 10 Grilled Brat Whole Wheat Bun Sauerkraut and Onions Summer Vegetable Salad MO: Grilled Veggie Brat | 11 Grilled BBQ Bone-In Chicken Thigh Baked Potato Mediterranean Quinoa Salad, Mixed Salad MO: Falafel and Hummus Salad: Mediterranean | 12 Country Style Boneless Pork Ribs Baked Beans Tomato Salad Cornbread MO: 3 Bean and Mushroom Stew | 13 Beef Stew over a Biscuit Mixed Salad MO: Vegetable Stew over a Biscuit | 14 Sloppy Jo Whole Wheat Bun Potato Wedges Steamed Broccoli MO: Lentil Sloppy Jo |
| 17 Crispy Chicken and Cheese Sandwich Whole Wheat Bun Vegetable Salad Mixed Salad MO: Crispy Tempeh Sandwich | 18 Chicken Alfredo Whole Wheat Penne Steamed Green Beans Summer Vegetable Salad MO: Veggie Alfredo Salad: Chicken Caesar | 19 Egg Bake Breakfast Potatoes Whole Wheat English Muffin w/Jam V8 Juice MO: Vegetable Hash | 20 Open Faced Turkey and Gravy Sandwich Roasted Maple Squash and Brussels Sprouts MO: 3 Bean Stew | 21 Cold Chicken and Rotini Salad Broccoli Salad Carrot Slaw MO: Vegetarian Bean & Mushroom Jambalaya |
| 24 Baked Lemon Tilapia Baked Potato Cole Slaw Whole Wheat Dinner Roll MO: Baked Lemon Tofu | 25 Sweet and Sour Chicken Steamed Rice Stir Fry Vegetables Mixed Salad MO: Chickpea & Mushroom Stir Fry Salad: Asian Chicken | 26 Italian Chicken Sandwich on a Whole Wheat Bun Balsamic Glazed Carrots Tomato and Cucumber Salad MO: Veggie Burger | 27 Chicken Enchilada Casserole Broccoli Medley Mixed Salad MO: Black Bean and Cheese Enchilada Casserole | 28 Beef Lasagna Garlic Butter Sweet Corn, Mixed Salad Garlic Bread MO: Vegetable Lasagna |

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.

| 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 <small>(meal reservation not required)</small> | 149 Waubesa Street | M-F | 11:45 am |
| West Madison Locations | Address | Day | Time |
| Meadowridge Commons (June 3-13) | 5734 Raymond Road | T-TH | Noon |
| Good Shepherd Church (June 18-August 15) | 5701 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 is done for the season and will start again in September.

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