

AUGUST 2019 NUTRITION PROGRAM

Nutritious daytime meals are offered at various locations throughout the Madison and Monona area, Monday-Friday. The meal is well balanced and appealing for older adults 60+ 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 Chicken Noodles Soup Oyster Crackers Three Bean Salad Honey Dew Melon Mix Apple Pie MO: Vegetable Soup</p>	<p>02 Beef Stew, Biscuit Green Beans Chunky Apple Sauce Choc. Chip Banana Cake MO: Veggie Stew Salad: Chicken Confetti</p>
<p>05 Chicken Mac Casserole Peas, Tomato Juice Pineapple, Vanilla Pudding MO: Mac and Cheese</p>	<p>06 Cheese Tortellini Bake Bread Stick, Spinach Mandarin Oranges Blueberry Crisp MO: Veggie Tortellini Bake</p>	<p>07 Chicken a la King Brown Rice, Carrots Corn Salad, Peaches Frosted White Cake MO: Veg. Chicken a la King</p>	<p>08 Traditional Meatloaf Mashed Potatoes w/Gravy, Broccoli Apple Juice Cup Raspberry Sherbet MO: Veggie Meatballs</p>	<p>09 Pot Roast with Gravy Mashed Potatoes Mixed Green Salad Orange, Tapioca Pudding MO: Black Bean Burger Salad: Harvest</p>
<p>12 BBQ Chicken Breast Baked Sweet Potato Tropical Fruit Chocolate Cake MO: Veggie BBQ Strips</p>	<p>13 Pizza Burger Navy Bean Salad Marinated cucumbers Banana, Choc. Chip Cookie MO: Garden Burger</p>	<p>14 Ham and Potato Casserole California Blend, Fruit Cup Chocolate Cream Pie MO: Veggie Cheese Potato Casserole</p>	<p>15 Egg Bake Diced Red Potatoes Grape Juice Biscuit, Spiced Apples</p>	<p>16 BBQ Pulled Pork on Bun Coleslaw, Fresh Fruit California Blend Veg. Banana Cream Pie MO: Hummus Wrap Salad: Beef Taco</p>
<p>19 Tuna Salad Sandwich Veggie Salad Chickpea Salad, Pears Apple Sauce Bar MO: Egg Salad</p>	<p>20 Enchilada Casserole Cauliflower, Confetti Corn w/Black Beans Mandarin Oranges Frosted Churro Cake MO: Bean/Cheese Casserole</p>	<p>21 Brat Stewed Tomatoes Mixed Green Salad Fruit Cocktail Apple Crisp MO: Veggie Wrap</p>	<p>22 Chicken Strips Green Beans, Pea Salad Fruit Cup Butterscotch Ice Cream MO: Cheese/Tomato Sandwich</p>	<p>23 Taco Pasta Casserole Broccoli, Cauliflower Pineapple Blueberry Crisp MO: Veggie Taco Casserole Salad: 7 Layer</p>
<p>26 Roasted Turkey in Gravy Rice Pilaf, Creamed Corn Cranberry Sauce Fruit Cocktail Brownie w/PB Frosting MO: Veg. Chicken in Gravy</p>	<p>27 Tuna Casserole Roasted Baby Carrots Pickled Beets Banana, Lime Sherbet MO: Hummus and Pita</p>	<p>28 Chicken Sandwich Lettuce, Tomato, Mayo Cheesy Potatoes 4 Bean Salad, Orange Frosted Chocolate Cake MO: Multigrain Burger</p>	<p>29 Meatballs in Gravy Mashed Potatoes California Blend Tropical Fruit Strawberry Ice Cream MO: Veggie Meatballs</p>	<p>30 Sloppy Joe Kidney Bean Salad Mixed Vegetable, Banana Frosted Strawberry Cake MO: Chickpea Sloppy Joe Salad: Pulled Pork Santa Fe</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

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 Country Style Boneless Pork Ribs, Baked Beans Tomato Salad, Cornbread Mixed Fruit, Cookie MO: 3 Bean/Mushroom Stew</p>	<p>02 Beef Stew over a Biscuit Mixed Salad, Sliced Melon Ice Cream MO: Vegetable Stew over a Biscuit</p>
<p>05 Sloppy Jo, Potato Wedges Steamed Broccoli Sliced Oranges, Brownie MO: Lentil Sloppy Jo</p>	<p>06 Crispy Chicken and Cheese Sandwich, Vegetable Salad Mixed Salad Canned Pineapple Ice Cream MO: Tempeh Sandwich Salad: Raspberry Chicken</p>	<p>07 Egg Bake Breakfast Potatoes English Muffin w/ Jam V8 Juice Seasonal Mixed Fruit Pudding MO: Vegetable Hash</p>	<p>08 Open Faced Turkey and Gravy Sandwich Roasted Carrots Potatoes and Brussels Sprouts, Canned Pears Cake MO: 3 Bean Stew & Rice</p>	<p>09 Chicken Alfredo Whole Wheat Penne Steamed Green Beans Summer Vegetable Salad Seasonal Mixed Fruit Fruit Crumble MO: Veggie Alfredo</p>
<p>12 Cold Chicken and Rotini Salad, Broccoli Salad Carrot Slaw, Cantaloupe Cookie MO: Vegetarian Bean and Mushroom Jambalaya</p>	<p>13 Sweet and Sour Chicken Rice, Stir Fry Vegetables Mixed Salad, Pineapple Cake MO: Veg. Stir Fry Salad: Tuna</p>	<p>14 Baked Lemon Tilapia Baked Potato Cole Slaw, Watermelon Brownie MO: Baked Lemon Tofu</p>	<p>15 Italian Chicken Sandwich Balsamic Glazed Carrots Tomato and Cucumber Salad, Mixed Fruit Ice Cream MO: Veggie Burger</p>	<p>16 Beef Lasagna Garlic Butter Sweet Corn Mixed Salad Sliced Oranges Cake MO: Vegetable Lasagna</p>
<p>19 Red Beans and Rice Broccoli Medley Mixed Salad Sliced Oranges Jello</p>	<p>20 Swedish Meatballs w/ Egg Noodles Steamed Carrots Salad, Cantaloupe, Cookie MO: Vegetarian Bean Stew Salad: BLT Cobb</p>	<p>21 Pork Chops Mashed Sweet Potatoes Gravy Steamed Broccoli Watermelon, Brownie MO: Veggies Burger</p>	<p>22 Chicken and Rice Casserole Steamed Green Beans Summer Bean Salad Pineapple, Pudding MO: Veg/Rice Casserole</p>	<p>23 Baked Ziti Sweet Peas Mixed Salad Seasonal Mixed Fruit Ice Cream MO: Vegetarian Baked Ziti</p>
<p>26 Fish Sandwich w/ Cheese Mediterranean Quinoa Salad, Mixed Salad Canned Peaches, Cookie MO: Grilled Cheese Sandwich</p>	<p>27 Honey Glazed Ham Cheesy Potato Bake Maple Glazed Carrots Sliced Oranges, Cake MO: Veggie Burger Salad: Chef</p>	<p>28 Ground Beef Tater Tot Casserole Sweet Pea Salad Cantaloupe, Fruit Crumble MO: Vegetarian Tater Tot Casserole</p>	<p>29 Parmesan Chicken Pasta Bake, Marinara Sauce Garlic Butter Sweet Corn Mixed Fruit, Ice Cream MO: Grilled Veggie Sausage Pasta Bake</p>	<p>30 Flank Steak Stir Fry Veggies, Brown Rice Asian Cabbage Salad Watermelon Brownie MO: Tofu Stir Fry</p>

East Madison/Monona Locations	Address	Day	Time
Monona Meadows	250 Femrite Drive, Monona	M & W	Noon
Messiah Lutheran	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 (meal reservation not required)	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.

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.