



November 2016

Senior Dining



Fellowship, Food & Fun

	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
	*Open Face Hot Roast Pork Sandwich/Gravy Mashed Potatoes Garden Blend Fresh Orange Cookie Pkt. VO: Hummus Wrap w/Peppers & Tomato Cambridge Cake	Beef Stew Biscuit/Marg. Sliced Pear's Frosted Cake VO: Vegetarian Stew	*Meat Balls in Gravy ½ Baked Potato w/Butter & Sour Cream Squash Pineapple Tidbits Enriched Bread/Butter Chocolate Pudding VO-Veggie Meatball	Hearty Bean Soup Chicken Salad on W.W Bread w/Lettuce Tomato Juice Fruit Cocktail Chocolate Chip Cookie VO: Egg Salad Sandwich
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
Salisbury Steak in Gravy Mashed Potatoes Broccoli Flowerets Pear Half Dinner Roll/Butter Key Lime Tart VO-Veggie Noodle Cass.	Philly Cheese Sandwich Four Bean Salad Fresh Apple Pumpkin Bar VO: Wrap w/Cucumbers, Tomato, & Cheese	Baked Chicken Potato Salad Spinach Peaches Enriched Bread/Butter Chocolate Ice Cream VO: Morningstar Veggie Burger on Bun	Potato Crusted Fish on Bun w/Shredded Lettuce/Tartar Sauce Carrots Pea Salad Fresh Fruit Cookie V.O: Cheese Sandwich Sub.	BBQ Ribs Twice Baked Potatoes Roasted Squash Banana Dinner Roll/Butter Apple Pie S.M.- Fitchburg V.O: Veggie Sausage
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
*Scalloped Potatoes W/Ham Turnip Greens w/Dice Turnips 1C Apricots Half Enriched Bread/Butter Vanilla Ice Cream VO: Scalloped Potato Casserole	*BBQ Pork on W.W. Bun Baked Beans Grape Juice Confetti Cake VO-Veggie BBQ	Chicken & Dumplings Carrots Tropical Fruit Salad Enriched Bread/Butter Sugar Cookie VO: Hummus Wrap w/Tomato, Cucumbers & Leaf Lettuce	Meat Sauce over W.W. Mostaccioli Penn Pasta Parmesan Cheese Brussel Sprout Mandarin Oranges Garlic Bread Cookie Pkt. VO: Veggie Spaghetti Sauce	Roasted Turkey Mashed Potatoes w/Gravy Green Beans w/Almonds Fresh Fruit Cup W.W. Dinner Roll/Butter Pumpkin Pie w/Topping S.M.- Holiday Meal V.O: Veggie Burger
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
Vegetable Barley Soup Crackers – 2 pkt. Turkey & Cheese on Croissant, Mayo Pkt. V-8 Juice Fruit Cup Vanilla Pudding VO: Cheese on Croissant	Lemon Baked Fish ½ Baked Potato w/Butter & Sour Cream Capri Blend Banana Enriched Bread/Butter Candy Cookie Tartar Sauce VO: Veggie Cheese Sauce over Baked Potato	Beef Stew Biscuit/Marg. Fresh Fruit Butterscotch Pudding VO: Vegetarian Stew	Closed	Closed
Monday 28	Tuesday 29	Wednesday 30		
Chili Crackers – 3 pkt. Tossed Greens w/2 Tomato Wedge's & Dressing Fruit Cocktail Key Lime Tart VO: Veggie Chili	Chicken Alfredo over W.W. Fettucine Noodles Garden Blend Pineapple/Mand. Orange Mix Bread Stick Vanilla Ice Cream V.O. Veggie Alfredo	*Meatloaf Roasted Diced Potatoes w/Gravy Spinach Apple Slices W.W. Bread/Butter Choc. Chip Cookie VO: Hummus Wrap w/Tomato, Cucumbers & Leaf Lettuce		

Tuesday & Thursday blue shaded days are Meals on Wheels ONLY

Wednesday Salad Option

(Wednesday by request in addition to main menu option)

Ingredients available upon request.

- Nov. 2 Garden Salad**
- Nov. 9 Chicken Ranch Salad**
- Nov. 16 Chef Salad**
- Nov. 23 Taco Salad**
- Nov. 30 Italian Tossed Salad**

Meals provided by Dane County Consolidated Food Services Division.

For reservations or cancellations, call by 10AM the day before the desired meal. (Monday meals must be reserved by Friday.) Meals served at 11:45AM. Actual cost: \$7.50 Congregate. \$7.75 MOW. Minimum Suggested Donation is \$4.00. Please contribute what you can afford.