

October 2021 Menu for All ADRC Dining Sites

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Meatball Marinara Spaghetti Caesar Salad Grapes
4 Pulled BBQ Pork Potato Salad Whole Wheat Roll Baked Beans Honey Cornbread Apple Slices	5 Lasagna Garlic Bread Romaine Salad Parmesan Peppercorn Dressing Mandarin Oranges	6 All Meal Sites Closed	7 Cook's Choice	8 Lemon Thyme Cod w/Dill Sauce & Coleslaw Brown Rice Pilaf Roasted Broccoli Pineapple Chunks
11 Hot Ham Sandwich Gravy Spit Pea Soup Greens Salad Fresh Berries	12 Shepherd's Pie Whipped Potatoes Roasted Brussels Sprouts Whole Wheat Bread Peaches	13 All Meal Sites Closed	14 Garlic Rosemary Beef Roast w/ Beef Gravy Sweet Potatoes Green Beans Whole Wheat Bread Blueberry Crisp	15 Parmesan Crusted Haddock Parsley Red Potatoes Green Peas Applesauce
18 Chicken Stir Fry over Brown Rice w/Peppers & Onions Snap Peas & Broccoli Grapes	19 Salisbury Steak Baked Beans Wilted Spinach Whole Wheat Bread Melon	20 All Meal Sites Closed	21 Cook's Choice	22 Honey Dijon Chicken Thighs Baked Potato Glazed Carrots Whole Wheat Roll Pears
25 Meatloaf Whipped Potatoes Glazed Carrots Whole Wheat Bread Cinnamon Applesauce	26 Baked Chicken Garlic Tomato Basil Spaghetti Caesar Salad Whole Apple	27 All Meal Sites Closed	28 Braised Country Style Ribs Baked Potato Roasted Cauliflower Whole Wheat Bread Carrot Cake	29 Mediterranean Salmon Black Bean & Lentil Salad Grilled Asparagus Plum

ADRC Elderly Nutrition Program: Menu subject to change without notice. Bread & milk offered with all meals. Please reserve your meals at least 24 hours in advance. A&H: 715-635-7199; Amery: 715-268-6818;

Grantsburg: 715-463-2940; Milltown: 715-825-5025; Siren: 715-349-2845; Webster: 715-866-5300. Meal sites are closed on Wednesdays unless otherwise specified.