



## ADRC Nutrition Program: *A fresh start to nutrition*

### ADRC Dining Site Locations

- A & H Senior Center **11:00am** .....715-635-7199
- Grantsburg Senior Center **11:30am** .....715-463-2940
- Siren United Methodist Church **11:30am** ..715-349-2154
- Amery Congregational Church **11:30am**....715-268-6818
- Milltown Community Center **11:00am** .....715-825-5025

**Serving Times: Mon, Tue, Thurs & Fri**


### Cost and Details:

**60 Years of Age and Older: \$4/meal donation.**

**General Public: \$10/meal**

Please contact your ADRC Dining site for reservations or cancellations at least 24 hours in advance. Menu is subject to change without notice. Bread and milk offered with all meals.

## September 2022 Menu for ADRC Dining Sites

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  |  |
|---|---|---|--|---|--|
| <p>Siren UMC evening meal 4:30 pm on the 3rd Tuesday of each month.<br/> <b>RSVP</b><br/>                     715-349-2154</p> <p><b>September 20th</b><br/>                     Turkey, Mashed Potatoes, Gravy, Corn, Dinner Roll, Apple Crisp</p> |   | <p>Grantsburg Senior Center 5:00 pm meal the 3rd Thursdays of each month<br/> <b>RSVP</b><br/>                     715-463-2940</p> |  | <p>1<br/>                     Garlic Ginger Pork Loin<br/>                     Asian Noodles<br/>                     Broccoli<br/>                     Warm Scalloped Apples<br/>                     Wheat Roll</p> | <p>2<br/>                     Chef's Salad<br/>                     Romaine Lettuce<br/>                     Turkey, Ham, Chicken<br/>                     Boiled Egg, Tomato, Cucumber, Peas, Carrots, Cheese<br/>                     Whole Wheat Breadstick<br/>                     Pear</p> |
| <p>5<br/> <b>Meal Site Closed Labor Day</b></p>   | <p>6<br/>                     Pesto Chicken Salad<br/>                     Whole Wheat Wrap<br/>                     Marinated Spring Vegetables<br/>                     Mandarin Oranges</p>  | <p>7<br/>                     Meal Sites Open Due to Labor Day<br/><br/>                     Cook's Choice</p>                      | <p>8<br/>                     Oven Roasted Chicken w/ Mushroom Gravy<br/>                     Whipped Potatoes<br/>                     Wilted Spinach<br/>                     Whole Wheat Bread<br/>                     Peach Cobbler</p> | <p>9<br/>                     Lemon Thyme Cod w/ Dill Sauce &amp; Coleslaw<br/>                     Brown Rice Pilaf<br/>                     Green Beans<br/>                     Pineapple Chunks</p>               |  |
| <p>12<br/>                     Chicken Broccoli<br/>                     Brown Rice Casserole<br/>                     Whole Wheat Roll<br/>                     Peaches</p>  | <p>13<br/>                     Swedish Meatballs<br/>                     Egg Noodles<br/>                     Roasted Parmesan Cauliflower<br/>                     Mandarin Oranges<br/>                     Pumpkin Bars</p>       | <p>14<br/> <b>All Meal Sites Closed</b></p>   | <p>15<br/>                     Cobb Salad<br/>                     Whole Wheat Bread<br/>                     Fresh Pineapple</p>  | <p>16<br/>                     Chicken Pot Pie w/ Potatoes<br/>                     Peas &amp; Carrots<br/>                     Garden Salad<br/>                     Pears</p>                                       |  |
| <p>19<br/>                     Herb Poached Salmon<br/>                     Grilled Asparagus<br/>                     Summer Squash<br/>                     Wheat Roll<br/>                     Fresh Berries</p>                                 | <p>20<br/>                     Zesty taco Bake<br/>                     Spanish Rice<br/>                     Roasted Corn &amp; Black Bean Salsa<br/>                     Peaches</p>  | <p>21<br/> <b>All Meal Sites Closed</b></p>   | <p>22<br/>                     Cook's Choice</p>   | <p>23<br/>                     Granny Apple Tuna Salad on Whole Wheat Bread<br/>                     Pea &amp; Cheese Salad<br/>                     Melon</p>  |  |
| <p>26<br/>                     Meatball Marinara<br/>                     Spaghetti<br/>                     Caesar Salad<br/>                     Grapes</p>   | <p>27<br/>                     Roasted Pork Loin w/ Mustard Sauce<br/>                     Roasted Potatoes<br/>                     Glazed Carrots<br/>                     Whole Wheat Bread<br/>                     Lemon Bar</p> | <p>28<br/> <b>All Meal Sites Closed</b></p>   | <p>29<br/>                     Roast Turkey &amp; Gravy<br/>                     Mashed Potatoes<br/>                     Almond Green Beans<br/>                     Whole Wheat Bread<br/>                     Cranberry Sauce</p>         | <p>30<br/>                     Sloppy Joe<br/>                     Whole Wheat Bun<br/>                     Baked Cowboy Beans<br/>                     Pear<br/>                     Red Potato Herb Salad</p>       |  |