



## 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-\$6/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.*

## November 2022 Menu for ADRC Dining Sites

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Grantsburg Senior Center evening meal suspended through winter. See you in spring!</p>	<p><b>1</b> Garlic Rosemary Beef Roast w/ Beef Gravy Sweet Potatoes Green Beans Whole Wheat Bread Blueberry Crisp</p>	<p><b>3</b> <b>Meal Sites Closed</b></p>	<p><b>3</b> Chicken Stir Fry over Brown Rice w/ Peppers and Onions Snap Peas &amp; Broccoli Grapes</p>	<p><b>4</b> Salisbury Steak Baked Beans Wilted Spinach Whole Wheat Bread Melon</p>
<p><b>7</b> Honey Dijon Chicken Thighs Baked Potato Glazed Carrots Whole Wheat Roll Pears</p>	<p><b>8</b> Roasted Pork Loin Apple Glaze Baked Potato Roasted Broccoli Whole Wheat Bread Peaches</p>	<p><b>9</b> <b>Meal Sites Open due to Holiday</b>  <b>Cook's Choice</b></p>	<p><b>10</b> Meatloaf Whipped Potatoes Glazed Carrots Whole Wheat Bread Cinnamon Applesauce</p>	<p><b>11</b> <b><u>Veteran's Day</u></b> <b>Meal Sites Closed</b> </p>
<p><b>14</b> Baked Chicken Garlic Tomato Basil Spaghetti Caesar Salad Whole Apple</p>	<p><b>15</b> <b><u>Annual Staff Training</u></b> <b>Meal Sites Closed</b> </p>	<p><b>16</b> <b>Meal Sites Open due to Holiday</b>  <b>Cook's Choice</b></p>	<p><b>17</b> Pasta Bolognese Penne Pasta Peas Mandarin Oranges</p>	<p><b>18</b> Poor Man's Lobster Black Bean &amp; Lentil Salad Grilled Asparagus Plum</p>
<p><b>21</b> Hearty Sausage &amp; Squash Stew Great Northern Beans Pear Whole Wheat Bread</p>	<p><b>22 Thanksgiving Meal</b> Roast Chicken &amp; Gravy Mashed Potatoes Savory Stuffing Green Bean Casserole Whole Wheat Roll Cranberry Sauce Pumpkin Pie</p>	<p><b>23</b> <b>Meal Sites Open due to Holiday</b>  <b>Cook's Choice</b></p>	<p><b>24</b> <b><u>Thanksgiving</u></b> <b>Meal Sites Closed</b> </p>	<p><b>25</b> <b><u>Thanksgiving</u></b> <b>Meal Sites Closed</b></p>
<p><b>28</b> Oven Roasted Chicken w/ Mushroom Gravy Whipped Potatoes Swiss Chard Whole Wheat Bread Peach Cobbler</p>	<p><b>29</b> Ham Broiled Dinner Green Cabbage Red Potatoes Carrots Warmed Scalloped Apples Wheat Roll</p>	<p><b>30</b> <b>Meal Sites Closed</b></p>	<p>Siren UMC evening meal CANCELLED due to Thanksgiving. Returning in December</p>	