



## 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.*

## February 2023 Menu for ADRC Dining Sites

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>All Meal Sites Closed</b>	<b>2</b> Chicken Pot Pie w/ Potatoes Peas & Carrots Garden Salad Pears	<b>3</b> Herb Poached Salmon Lemon Rice Grilled Asparagus Wheat Roll Fresh Berries
<b>6</b> Basil Crusted Chicken Bow Tie Pasta Stewed Tomatoes Dill Cucumber Salad Melon	<b>7</b> Zesty Taco Bake (Ground Turkey) Spanish Rce Roasted Corn & Black Bean Salsa Peaches	<b>8</b> <b>All Meal Sites Closed</b>	<b>9</b> Cook's Choice	<b>10</b> Lemon Thyme Cod w/ Dill Sauce & Coleslaw Brown Rice Pilaf Green Peas Pineapple Chunks
<b>13</b> Herbed Chicken & Gravy Mashed Potatoes Roasted Broccoli Whole Wheat Bread Melon	<b>14</b> Meatball Marinara Spaghetti Caesar Salad Grapes	<b>15</b> <b>All Meal Sites Closed</b>	<b>16</b> Pulled BBQ Pork Potato Salad Whole Wheat Roll Baked Beans Honey Cornbread Apple Crist	<b>17</b> Cabbage Roll Casserole Brown Rice Green Beans Bananas
<b>20</b> <b>President's Day</b>  <b>Burnett Meal Sites CLOSED</b> <b>Polk Meal Sites OPEN</b>  <b>Cook's Choice</b>	<b>21</b> Lasagna Garlic Bread Romaine Salad Parmesan Peppercorn Dressing Mandarin Oranges	<b>22</b> <b>Meal Sites Open</b>  <b>Cook's Choice</b>	<b>23</b> Orange Chicken (Tahitian) Brown Rice Dill Carrots Frozen Berries Whole Wheat Roll	<b>24</b> Parmesan Crusted Haddock Potato Pancakes Green Beans Applesauce
<b>27</b> Shepherd's Pie Whipped Potatoes Roasted Brussels Sprouts Whole Wheat Bread Red Apple	<b>28</b> Garlic Rosemary Beef Roast w/ Beef Gravy Roasted Potatoes Green Beans Whole Wheat Bread Blueberry Crisp		Grantsburg Senior Center evening meal suspended through winter. See you in spring!	