



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.*

May 2023 Menu for ADRC Dining Sites

Monday	Tuesday	Wednesday	Thursday	Friday
1 Meatloaf Whipped Potatoes Glazed Carrots Whole Wheat Bread Cinnamon Applesauce	2 Baked Chicken Garlic Tomato Basil Spaghetti Caesar Salad Whole Apple	3 All Meal Sites Closed	4 Braised Country Style Ribs Baked Potato Buttered Peas Whole Wheat Bread Pumpkin Pie Bars	5 Turkey & Swiss Whole Wheat Bread Cranberry Mayo Red Potato Herb Salad Plum
8 Garlic Ginger Pork Loin Asian Noodles Water Chestnuts Broccoli Warm Scalloped Apples Wheat Roll	9 Chef's Salad: Romaine Lettuce Turkey, Ham, Peas, Chicken, Boiled Egg, Tomato, Cucumber, Carrots, Cheese Wheat Breadstick Pear	10 All Meal Sites Closed	11 Oven Roasted Chicken w/ Mushroom Gravy Whipped Potatoes Wilted Spinach Whole Wheat Bread Peach Cobbler	12 Lemon Thyme Cod w/ Dill Sauce & Coleslaw Brown Rice Pilaf Green Beans Pineapple Chunks
15 Pesto Chicken Salad Whole Wheat Wrap Marinated Spring Vegetables Mandarin Oranges	16 Roasted Pork Loin Apple Glaze Baked Potato Roasted Broccoli Whole Wheat Bread Peaches	17 All Meal Sites Closed	18 Swedish Meatballs Egg Noodles Roasted Parmesan Cauliflower Mandarin Oranges Pumpkin Bars	19 Spinach Salad w/ Chicken & Strawberry Vinaigrette Whole Wheat Bread Red Potato Herb Salad Carrot Sticks w/ Ranch Fresh Pineapple
22 Chicken Pot Pie w/ Potatoes Peas & Carrots Garden Salad Pears	23 Herb Poached Salmon Grilled Asparagus Summer Squash Wheat Roll Fresh Berries	24 All Meal Sites Closed	25 Zesty Taco Bake Spanish Rice Roasted Corn & Black Bean Salsa Peaches	26 Roasted Pork Loin w/ Mustard Sauce Roasted Potatoes Brussels Sprouts Glazed Carrots Whole Wheat Bread Lemon Bar
29 Meal Sites Closed for Memorial Day	30 Granny Apple Tuna Salad on Whole Wheat Bread Peas & Cheese Salad Melon	31 Meal Sites Open Cook's Choice	<div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: #f0e6f0;"> Grantsburg Evening Meal is BACK Every 3rd Thursday @ 5:00 pm RSVP 715-463-2940 </div>	