



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

ADRC Dining Sites	Serving: Mon, Tue, Thu, Fri	
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
Lakeside Community Lutheran Church	11:00am	715-349-2100

**60 Years of Age and Older:** \$4-\$6/meal donation  
**General Public:** \$10/meal



Contact your ADRC Dining site for reservations/  
 cancellations at least 24 hours in advance.

Menu is subject to change without notice.

Bread and milk offered with all meals.



## September 2023 Menu for ADRC Dining Sites

Monday	Tuesday	Wednesday	Thursday	Friday
<p>A&amp;H has moved to Lakeside Community Lutheran Church. 715-349-2154</p>	<p>Due to short staffing Siren evening meal is suspended.</p>			<p>1 Roasted Pork Loin Apple Glaze Baked Potato Roasted Broccoli Whole Wheat Bread Peaches</p>
<p>4 <b>All Meal Sites Closed for Labor Day</b></p>	<p>5 Swedish Meatballs Egg Noodles Roasted Parmesan Cauliflower Mandarin Oranges Pumpkin Bars</p>	<p>6 <b>Meal Site Open Cook's Choice (Includes beans)</b></p>	<p>7 Chicken Pot Pie w/ Potatoes Peas &amp; Carrots Garden Salad Pears</p>	<p>8 Lemon Parsley Cod Grilled Asparagus Summer Squash Wheat Roll Berries</p>
<p>11 Granny Apple Tuna Salad on Whole Wheat Bread Pea &amp; Cheese Salad Melon</p>	<p>12 Zesty Taco Bake Spanish Rice Roasted Corn &amp; Black Bean Salsa Peaches</p>	<p>13 <b>All Meal Sites Closed</b></p>	<p>14 Roast Turkey &amp; Gravy Mashed Potatoes Almond Green Beans Whole Wheat Bread Cranberry Sauce</p>	<p>15 Spinach Salad with Chicken &amp; Strawberry Vinaigrette Whole Wheat Bread Fresh Pineapple</p>
<p>18 Pulled BBQ Pork Potato Salad Baked Beans Apple Slices Whole Wheat Roll</p>	<p>19 Egg Salad Sandwich Whole Wheat Bread Barley &amp; Lentil Salad Fresh Cucumber Fresh Raspberries</p>	<p>20 <b>All Meal Sites Closed</b></p>	<p>21 Oven Roasted Chicken w/ Mushroom Gravy Whipped Potatoes Wilted Spinach Whole Wheat Bread Peach Cobbler</p>	<p>22 Taco Salad (ground turkey, corn chips, romaine lettuce, cheese, black olives, onions, sour cream, diced tomatoes) Melon</p>
<p>25 Pizza Casserole (Turkey) Four Bean Salad Whole Wheat Bread Fresh Pineapple</p>	<p>26 Meatball Marinara Spaghetti Caesar Salad Grapes</p>	<p>27 <b>All Meal Sites Closed</b></p>	<p>28 Cabbage Roll Casserole Brown Rice Corn Banana</p>	<p>29 Haddock Potato Pancakes Green Beans Applesauce</p>