



ADRC Nutrition Program: *A fresh start to nutrition*

Grantsburg Senior Center	11:30am	715-349-2154
Siren United Methodist Church	11:30am	715-349-2154
Amery Congregational Church	11:30am	715-268-6818
Lakeside Comm. Lutheran Church	11:00am	715-349-2154
Milltown Community Center	11:00am	715-825-5025

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. **Serving Mon, Tue, Thu, Fri**



October 2023 Menu for ADRC Dining Sites

Monday	Tuesday	Wednesday	Thursday	Friday
2 Orange Chicken w/ Snap Peas Brown Rice Dill Carrots Frozen Berries Whole Wheat Roll	3 Lasagna Garlic Bread Romaine Salad w/ Parmesan Peppercorn Dressing Mandarin Oranges	4 All Meal Sites Closed	5 Ham & Cheese Sandwich on Whole Wheat Bread Split Pea Soup Greens Salad Pineapple	6 Parmesan Crusted Haddock Cheesy Hash Browns Applesauce Green Beans
9 Shepherd's Pie Whipped Potatoes Roasted Brussels Sprouts Whole Wheat Bread Red Apple	10 Garlic Rosemary Beef Roast w/ Beef Gravy Mashed Potatoes Glazed Carrots Whole Wheat Bread Blueberry Crisp	11 All Meal Sites Closed	12 Chicken Stir Fry over Brown Rice w/ Peppers & Onions Snap Peas & Broccoli Grapes	13 Porcupine Meatballs w/ Brown Gravy Egg Noodles Green Beans Carrots & Hummus Whole Wheat Bread Melon
16 Honey Dijon Chicken Thighs Sweet Potato Roasted Broccoli Whole Wheat Roll Pears	17 Meatloaf Whipped Potatoes Buttered Corn Whole Wheat Bread Cinnamon Applesauce	18 All Meal Sites Closed	19 Roasted Pork Chop Baked Potato Buttered Peas Whole Wheat Bread Carrot Cake	20 Poor Man's Lobster Black Bean & Lentil Salad Sauteed Spinach Plum
23 Hunter's Stew Boiled Potatoes Dill Carrots Warm Scalloped Apples Whole Wheat Roll	24 Oven-Roasted Chicken w/ Mushroom Gravy Whipped Potatoes Wilted Spinach Whole Wheat Bread Peach Cobbler	25 All Meal Sites Closed	26 Liver & Onions Potato Side Salad Peaches Whole Wheat Bread	27 Hearty Sausage & Squash Stew Great Northern Beans Pear Whole Wheat Bread
30 Pasta Bolognese Penne Pasta Peas Mandarin Oranges Whole Wheat Breadstick	31 Ham Boiled Dinner Green Cabbage Red Potatoes Carrots Pumpkin Spice Cake Wheat Roll			