



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

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



### January 2024 Menu for ADRC Dining Sites

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>All Meal Sites Closed for New Year's Day</b>	<b>2</b> Chicken Pot Pie w/ Potatoes Peas & Carrots Garden Salad Whole Wheat Bread Pears	<b>3</b> Sloppy Joe on Wheat Bun Tater Tots Cowboy Beans Coleslaw Dessert	<b>4</b> Roasted Pork Loin Apple Glaze Baked Potato Roasted Broccoli Whole Wheat Roll Peaches	<b>5</b> Goulash w/ Meat Broccoli Salad w/ Craisins Whole Wheat Bread Fresh Pineapple
<b>8</b> Zesty Taco Salad Spanish Rice Roasted Corn & Black Bean Salsa Whole Wheat Bread Peaches	<b>9</b> Basil Crusted Chicken Bow Tie Pasta Stewed Tomatoes Dill Cucumber Salad Whole Wheat Roll Melon	<b>10</b> <b>All Meal Sites Closed</b>	<b>11</b> Chili Fresh Veggies w/ Ranch Dip Corn Muffin Lemon Bar	<b>12</b> Lemon Thyme Cod w/ Dill Sauce & Coleslaw Brown Rice Pilaf Creamed Green Peas Whole Wheat Roll Pineapple Chunks
<b>15</b> Pulled BBQ Pork Potato Salad Whole Wheat Roll Baked Beans Apple Slices	<b>16</b> Lasagna Garlic Bread Romaine Salad Parmesan Peppercorn Dressing Mandarin Oranges	<b>17</b> <b>All Meal Sites Closed</b>	<b>18</b> Orange Chicken w/ Snap Peas Brown Rice Dill Carrots Frozen Berries Whole Wheat Roll	<b>19</b> Parmesan Crusted Haddock Potato Casserole Green Beans Applesauce Whole Wheat Roll
<b>22</b> Ham & Cheese Sandwich on Whole Wheat Bread Split Pea Soup Romaine Salad Fresh Berries	<b>23</b> Shepherd's Pie Whipped Sweet Potatoes Roasted Brussels Sprouts Whole Wheat Bread Red Apple	<b>24</b> <b>All Meal Sites Closed</b>	<b>25</b> Liver & Onions Potato Yummy Green Beans Blushing Pears Whole Wheat Bread	<b>26</b> Chicken Stir Fry over Brown Rice w/ Peppers & Onions Snap Peas & Broccoli Whole Wheat Bread Grapes
<b>29</b> Salisbury Steak Mashed Potatoes Wilted Spinach Whole Wheat Bread Melon	<b>30</b> Garlic Rosemary Beef Roast w/ Beef Gravy Whipped Potatoes Green Beans Whole Wheat Bread Blueberry Crisp	<b>31</b> <b>All Meal Sites Closed</b>		