



## 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**



### March 2024 Menu for ADRC Dining Sites

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Basil Crusted Chicken Bow Tie Pasta Stewed Tomatoes Dill Cucumber Salad Melon
4 Zesty Taco Bake Spanish Rice Roasted Corn & Black Bean Salsa Whole Wheat Bred Peaches	5 Roasted Pork Loin w/ Mustard Sauce Roasted Potatoes Winter Squash Whole Wheat Bread	6 <b>All Meal Sites                      Closed</b>	7 Meatball Marinara Spaghetti Caesar Salad Whole Wheat Garlic Breadstick Grapes	8 Lemon Thyme Cod w/ Dill Sauce & Coleslaw Brown Rice Pilaf Roasted Broccoli Whole Wheat Bread Pineapple Chunks
11 Pulled BBQ Pork Potato Salad Whole Wheat Bun Baked Beans Honey Cornbread Apple Slices	12 Lasagna Garlic Bread Romaine Salad Parmesan Peppercorn Dressing Whole Wheat Garlic Breadstick Mandarin Oranges	13 <b>All Meal Sites                      Closed</b>	14 Liver & Onions/ Alternative Potato Vegetable Whole Wheat Bread Blushing Pears	15 Orange Chicken w/ Snap Peas Brown Rice Dill Carrots Melon Salad Whole Wheat Roll
18 Ham & Cheese Sandwich on Whole Wheat Bread Split Pea Soup Greens Salad Fresh Raspberries	19 Parmesan Crusted Haddock Potto Casserole Applesauce Green Beans	20 <b>All Meal Sites                      Closed</b>	21 Shepherd's Pie Whipped Potatoes Winter Squash Whole Wheat Bread Red Apple	22 Garlic Rosemary Beef Roast w/ Beef Gravy Whipped Potatoes Roasted Brussels Sprouts Whole Wheat Bread Blueberry Crisp
25 Honey Dijon Chicken Thighs Roasted Sweet Potato Baked Beans Whole Wheat Roll Peaches	26 Salisbury Steak Mashed Potatoes Beef Gravy Wilted Spinach Whole What Bread Melon	27 <b>Meal Sites                      Open</b>  <b>Cook's Choice</b>	28 Chicken & Broccoli Brown Rice Casserole Fresh Veggies w/ Ranch Whole Wheat Roll Blushing Pears	29 <b>All Meal Sites                      Closed for Holiday</b>  <b>Good Friday</b>