



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**



July 2024 Menu for ADRC Dining Sites

Monday	Tuesday	Wednesday	Thursday	Friday
1 Garlic Ginger Pork Loin Asian Noodles & Water Chestnuts Broccoli Warm Scalloped Apples Wheat Roll	2 Chef's Salad (Romaine Lettuce, Turkey, Ham, Chicken, Boiled Egg, Tomato, Cucumber, Peas, Carrots, Cheese) Wheat Breadstick Pear	3 Open for Holiday Oven Roasted Chicken w/ Mushroom Gravy Whipped Potatoes Wilted Spinach Whole Wheat Bread Peach Cobbler	4 All Meal Sites Closed 4th of July	5 All Meal Sites Closed 4th of July
8 Pesto Chicken Salad Whole Wheat Wrap Marinated Spring Vegetables w/ Chickpeas Mixed Berries	9 Roasted Pork Loin Apple Glaze Sweet Potato Roasted Broccoli Whole Wheat Bread Peaches	10 All Meal Sites Closed	11 Swedish Meatballs Egg Noodles Green Peas & Carrots Whole Wheat Roll Mandarin Oranges	12 Lemon Thyme Cod w/ Dill Sauce & Coleslaw Brown Rice Pilaf Green Beans Whole Wheat Bread Grapes
15 Spinach Salad w/ Chicken & Strawberry Vinaigrette Whole Wheat Bread Pineapple	16 Chicken Pot Pie w/ Potatoes Peas & Carrots Garden Salad Pears	17 All Meal Sites Closed	18 Cook's Choice	19 Herb Poached Tilapia Grilled Asparagus Summer Squash Wheat Roll Fresh Berries
22 Granny Apple Tuna Salad on Wheat Bread Peas & Cheese Salad Melon	23 Zesty Taco Bake Spanish Rice Roasted Corn & Black Bean Salsa Peaches	24 All Meal Sites Closed	25 Meatball Marinara Spaghetti Caesar Salad Breadstick	26 Roast Turkey & Gravy Mashed Potatoes Almond Green Beans Whole Wheat Bread Cranberry Salad
29 Pulled BBQ Pork Potato Salad Green Peas Baked Beans Apple Slices Whole Wheat Roll	30 Taco Salad (Ground Turkey, Corn Chips, Romaine Lettuce, Cheese, Black Olives, Onions, Sour Cream, Diced Tomatoes) Melon	31 All Meal Sites Closed	A&H meal site will be closed for the week of July 8 – July 12 for Vacation Bible School week at the church. Home delivered meals will be delivered per usual that week, but congregate meals will be cancelled. Anyone in need of a meal can contact 715-349-2154 to set that up with Garret.	