

**Rock County Council on Aging - Nutrition Program
Dining Centers and Home Delivered Meals**

**Regular Menu
January 2013**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <i>Closed Happy New Year</i>	2 Chili w/ Gr. Turkey Pasta Veg. Salad Corn Bread Chunky Applesauce (D)	3 Chicken Drumsticks Gravy Mashed Potatoes Asparagus Wheat Roll Choc. Chip Cookie	4 Cabbage Roll Casserole Carrots Wheat Roll Pineapple Tidbits Lemon Bar (D)
7 Chopped Steak Baked Potatoes Red Cabbage Rye Dinner Roll Mandarin Oranges (D)	8 Chicken w/Spinach & Cheese Sweet Potatoes Cantaloupe Wheat Bread Sugar Cookie (D)	9 Cheesy Potato Soup Tossed Salad w/ Dressing Wheat Dinner Roll Pumpkin Bar (D)	10 Roast Pork on Whole Wheat Bun Coleslaw Peas Peaches (D)	11 Spaghetti Meatballs & Sauce Winter Mix Veg. Garlic Bread Tossed Salad Pears (D)
14 Chicken Ala King Biscuit Broccoli Squash Cantaloupe (D)	15 Garlic Lemon Pork Roast Parsley Red Potatoes Beets Rye Dinner Roll M & M Cookie (D)	16 Goulash Casserole Carrots Peas Wheat Dinner Roll Pears (D)	17 Chicken & Wild Rice Soup Broccoli Applesauce w/ Peaches Wheat Bread Chocolate Pudding (D)	18 Western Meatloaf Baked Potato Brussels Sprouts Dinner Roll Fruit Cocktail (D)
21 Swedish Meatballs Egg Noodles Carrots Cauliflower Wheat Bread Peaches (D)	22 Split Pea Soup Tossed Salad w/ Dressing Rye Dinner Roll Mandarin Oranges (D)	23 Chicken Broccoli and Rice Casserole Squash Green Beans Wheat Roll Applesauce (D)	24 Roast Beef Mashed Potatoes Gravy Stewed Tomatoes Wheat Bread Carrot Bar (D)	25 Baked Pollock Red Potatoes Coleslaw Rye Bread Apple Cake (D)
28 Pork Loin w/ Gravy Scalloped Potatoes Mixed Vegetables Wheat Roll Mandarin Oranges & Pineapple (D)	29 Cantonese Beef Brown Rice Carrots Cantaloupe Brownie (D)	30 Baked Chicken Thigh/Leg Mashed Potatoes CA Mix Vegetables Wheat Bread Applesauce (D)	31 Bean Soup Carrot Raisin Salad Peaches Dinner Roll Cherry Crisp (D)	

(D) = Diabetic Substitutions Upon Request.

Milk is served with all meals. Coffee and tea served with dining center meals.

Suggested Donation for Each Meal: \$3.25 (dining center) \$3.65 (home delivered)

Dining center meals require reservations which must be made by noon of the prior business day. For reservations or additional information, please call Rock County Nutrition Program at 757-5474. Meals are available to anyone 60 years or older. Home delivered meals are available only to those 60 years of age and homebound.

Funding provided by Title III (Older Americans Act) and donations.
Rock County COA Nutrition Program is an equal opportunity provider.

