

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

**Regular Menu**

**July 2012**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Beef Burgundy Tips Egg Noodles Brussels Sprouts Wheat Bread Watermelon (D)	<b>3</b> Chicken Drumsticks Mashed Potatoes & Gravy Carrots Dinner Roll Peanut Butter Cookie	<b>4</b> <p align="center"><b>Closed 4<sup>th</sup> of July Holiday</b></p>	<b>5</b> Pasta Caesar Salad w/Chicken Carrot Raisin Salad Wheat Bread Mixed Fruit (D)	<b>6</b> Baked Pollock Broccoli Au Gratin Potatoes Rye Roll Lemon Pudding (D)
<b>9</b> BBQ Pork Sandwich Baked Potato Mixed Vegetables Melon Mix (D)	<b>10</b> Chicken Thigh & Leg Gravy Parsley Red Potatoes Green Beans Wheat Bread Pineapple Tidbits	<b>11</b> Salisbury Steak Confetti Rice Sweet Potato Dinner Roll Plums (D)	<b>12</b> Chicken Salad Marinated Veg. Wheat Dinner Roll Applesauce Brownie (D)	<b>13</b> Spinach Turkey Noodle Bake Italian Mix Veg Wheat Bread Pineapple/Oranges Angel Food Cake & Lemon Glaze (D)
<b>16</b> Chicken Parmesan Casserole Carrots Bread Stick Apricots (D)	<b>17</b> Pork w/ Dijon Sauce Green Beans Sweet Potatoes Dinner Roll Melon Mix (D)	<b>18</b> Beef Stew Tossed Salad Baked Powder Biscuit Pears	<b>19</b> Turkey Pasta Salad Pea Salad Wheat Roll Mixed Fruit Cake	<b>20</b> Meatloaf Mashed Potatoes & Gravy Broccoli Wheat Bread Mandarin Oranges (D)
<b>23</b> Turkey Broccoli Rice Casserole Squash Tomato & Cucumber Salad Wheat Bread Choc. Chip Cookie (D)	<b>24</b> Cowboy Stew Tossed Salad Wheat Dinner Roll Hot Spiced Apples (D)	<b>25</b> Hot Dog w/ Bun Baked Beans Broccoli Salad Jello w/ Fruit (D)	<b>26</b> Chicken Tetrzzini Carrot & Peas Peaches Dinner Roll Pudding (D)	<b>27</b> Swiss Steak Pasta Veg. Salad Wheat Bread Melon Mix

**(D) = Diabetic substitutions available upon request.**  
 Milk is served with all meals. Coffee and tea are served with dining center meals.  
**Suggested donation for each meal: \$3.25 (Dining Center) \$3.65 (Home Delivered)**

Funding provided by Title III (Older Americans Act) and donations.  
 Equal opportunity provider

**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.