

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

Regular Menu

February 2012

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Baked Chicken Leg/Thigh Mashed Potatoes CA Mix Vegetables Wheat Bread Chunky Applesauce (D)	2 Bean Soup Tossed Salad w/ Dressing Wheat Dinner Roll Peaches Cherry Crisp (D)	3 Italian Pasta Bake w/ Turkey Marinated Veg. Salad French Bread Fruit Cocktail (D) (LS)
6 Pork Pot Roast Mashed Potatoes w/ Gravy Carrots Wheat Bread Pineapple	7 Beef Barley Soup Brussels Sprouts Wheat Roll Peaches Chocolate Cake (D) (LS)	8 Chicken w/Spinach Artichoke Sauce Rice Pilaf Peas and Carrots Wheat Bread Mandarin Oranges (D)	9 Salisbury Steak Red Potatoes Gravy Tossed Salad Wheat Roll Sugar Cookie (D)	10 Quiche w/ Spinach and Cheese Winter Mix Veg. Beets Dinner Roll Fruit Jello (D) (LS)
13 Sloppy Joes Hamburger Buns Three Bean Salad CA Blend Vegetables Plums (D) (LS)	14 Italian Breaded Pork Cutlet Sweet Potatoes Broccoli Wheat Bread Fruit Cocktail (D)	15 Chili w/ Gr. Turkey Pasta Veg. Salad Green Beans Potato Roll Applesauce (D)	16 Chicken Drumsticks Mashed Potatoes Gravy Asparagus Wheat Roll Chocolate Chip Cookie (D)	17 Cabbage Roll Casserole Carrots Wheat Roll Pineapple Tidbits Lemon Bar (D)
20 Chopped Steak Baked Potato Red Cabbage Rye Dinner Roll Mandarin Oranges (D) (LS)	21 Chicken Stuffed w/ Cheese and Spinach Melon Squash Wheat Bread Sugar Cookie (D) (LS)	22 Italian Hamburger Veggie Soup w/Rice Tossed Salad Wheat Dinner Roll Pumpkin Bar (D) (LS)	23 Roast Pork Sandwich (Whole Wheat Bun) Coleslaw Peaches (D)	24 Spaghetti w/ Meatballs & Sauce Winter Mix Veg Garlic Bread Apricots (D) (LS)
27 Chicken A La King Brown Rice Broccoli Stewed Tomatoes Pineapple (D) (LS)	28 Garlic Lemon Pork Roast Parsley Red Potatoes Beets Rye Dinner Roll M & M Cookie (D) (LS)	29 Mexican Taco Casserole Carrots Pears Cornbread Pears (D) (LS)	Substitutions Available Upon Request D = Diabetic LS = Reduced Sodium	

Special diets including reduced sodium or diabetic are 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)

To receive home delivered meals, specific requirements must be met including a minimum age of 60 years and homebound.

Reservations are required and must be made by noon of the prior business day. For meal reservations or additional information, please call the Rock County Nutrition Program at 757-5474.

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

Regular Menu

January 2012

Monday	Tuesday	Wednesday	Thursday	Friday
2 Closed In Observance Of New Year's Holiday	3 Italian Breaded Pork Cutlet Sweet Potatoes Broccoli Wheat Bread Fruit Cocktail (D)	4 Chili w/ Gr. Turkey Pasta Veg. Salad Green Beans Potato Roll Applesauce (D)	5 Chicken Drumsticks Mashed Potatoes w/ Gravy Asparagus Wheat Roll Chocolate Chip Cookie (D)	6 Cabbage Roll Casserole Carrots Pineapple Tidbits Wheat Bread Lemon Bar (D) (LS)
9 Chopped Steak Baked Potato Red Cabbage Rye Dinner Roll Mandarin Oranges (D) (LS)	10 Spinach Cheese Stuffed Chicken Melon Squash Wheat Bread Sugar Cookie (D)	11 Italian Hamburger Veggie Soup W/Rice Tossed Salad Wheat Dinner Roll Pumpkin Bar (D) (LS)	12 Roast Pork Sandwich w/ Hamburger Bun Coleslaw Peaches (D)	13 Spaghetti & Meatballs Winter Mix Veg. Garlic Bread Apricots (D) (LS)
16 Chicken A La King Brown Rice Broccoli Stewed Tomatoes Pineapple (D) (LS)	17 Garlic Lemon Pork Roast Parsley Red Potatoes Beets Rye Dinner Roll M & M Cookie (D)	18 Mexican Taco Casserole Carrots Peas Pears Cornbread (D) (LS)	19 Squash Soup ½ Turkey Sandwich Cheese Broccoli Salad Melon Apple Cake (D)	20 Meatloaf Baked Potato Brussels Sprouts Dinner Roll Fruit Cocktail (D)
23 Swedish Meatballs Egg Noodles Carrots Wheat Bread Peaches (D) (LS)	24 Split Pea Soup Tossed Salad & Dressing Rye Dinner Roll Mandarin Oranges (D) (LS)	25 Chicken/Rice/Broccoli Casserole Squash Wheat Roll Plums Cake (D)	26 Roast Beef Mashed Potatoes Gravy Stewed Tomatoes Wheat Dinner Roll Carrot Bar (D) (LS)	27 Baked Pollock Red Potatoes Coleslaw Rye Bread Fruit Jello (D)
30 Pork Loin w/ Gravy Scalloped Potatoes Mixed Vegetables Wheat Roll Mandarin Salad (D) (LS)	31 Cantonese Beef Brown Rice Carrots Pineapple Brownie (D)	D = Diabetic meal available upon request LS = Reduced sodium meal 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)		

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 (and their spouses regardless of age). Additional requirements (such as being homebound) must be met to receive home delivered meals. Funding provided by Title III (Older Americans Act) and donations. Meals may not be denied to anyone who is eligible. Rock County COA Nutrition Program is an equal opportunity provider.