










MAY 2022



2 - Monday	3 - Tuesday Nat'l Teachers' Day	4 - Wednesday	5 - Thursday	6 - Friday
Fish Sandwich Yams Peas Pears Banana Bars MO: Black Bean Burger NCS: Banana	Sloppy Joe Kidney Bean Salad Mixed Vegetables Banana Loaf Cake MO: Chickpea Joe NCS: SF Jell-O 	Honey Baked Chicken Broccoli Yams Pears Macaroni Salad Ice Cream MO: Veggie Honey Baked Chick'n NCS: SF Ice Cream	Chicken Caesar Salad Copper Penny Salad Applesauce Rice Pudding MO: Hummus Wrap NCS: SF Pudding	*BBQ Ribs Cheesy Potatoes Pickled Beets Mandarin Oranges Sherbet MO: Veggie Meatballs NCS: SF Ice Cream
9 - Monday	10 - Tuesday	11 - Wednesday	12 - Thursday - Int'l Nurses' Day	13 - Friday
Chicken a la King Brown Rice Green Beans Vinegar Corn Salad Fruit Cocktail Dreamsicle Whip MO: Soy a la King NCS: Mandarin Oranges	Enchilada Casserole Broccoli Cauliflower Peaches Blueberry Crisp MO: Bean and Cheese Burrito NCS: Fruit	*Italian Sausage with Pepper and Onion Oven Roasted Potatoes Stewed Tomatoes Cutie/Mandarin Orange Italian Ice MO: Garden Burger NCS: SF Ice Cream	Chicken Broccoli Rice Casserole Carrots Chickpea Salad Tropical Fruit Loaf Cake MO: Veggie Chick'n & Broccoli Casserole NCS: SF Jell-O 	Teriyaki Glazed Chicken Breast Brown Rice Asian Veg. Blend Edamame Salad Mandarin Oranges Pudding MO: Veggie Teriyaki Glazed Chick'n NCS: SF Pudding
16 - Monday	17 - Tuesday Syttende Mai	18 - Wednesday	19 - Thursday	20 - Friday
Lemon Dill Baked Fish Baked Potato Coleslaw Loaf Cake MO: Veggie Meatballs NCS: SF Jell-O	Chicken Sandwich Calico Beans Green Beans Chunky Applesauce Cookie MO: Multigrain Burger NCS: Banana 	Egg Salad Pickled Beets Cucumber Slices Banana Sherbet MO: N/A NCS: SF Ice Cream	Meat Sauce Spaghetti Noodles Carrot Coins Mixed Green Salad Peaches Brownie MO: Marinara Sauce NCS: SF Pudding	*Pork Loin in Gravy Mashed Potatoes Peas Mandarin Oranges Apple Crisp MO: Garden Wrap NCS: Spiced Apples
23 - Monday	24 - Tuesday	25 - Wednesday	26 - Thursday	27 - Friday
Cheeseburger Calico Beans Potato Salad Fruit Cocktail Italian Ice MO: BBQ Garden Burger NCS: SF Ice Cream	BBQ Chicken Baked Sweet Potato Banana Ambrosia MO: BBQ Veggie Chick'n NCS: Pineapple	*Meatballs in Marinara Over Penne Broccoli Salad Banana Brownie MO: Veggie Meatballs NCS: SF Pudding	Tuna Salad on Bed of Lettuce Sicilian Pasta Salad Creamy Corn Salad Fruit Cup Loaf Cake MO: Egg Salad NCS: Cinn. Pears	Chicken and Gravy Over White Bread Carrot Coins Green Beans Pineapple Jell-O MO: Veggie Chick'n in Gravy NCS: SF Jell-O
30 - Monday	31 - Tuesday	<p>Meals provided by: Dane County Consolidated Food Service <i>All menu items are prepared in kitchens that are not allergen-free.</i> <i>We cannot guarantee that food allergens will not be transferred through cross-contact.</i> <i>No substitutions allowed.</i></p> <p>Senior Dining  MO: meatless option *contains pork SF: sugar free NCS: no concentrated sugar</p> <p></p>		
MEMORIAL DAY SENIOR CENTER CLOSED  	Sausage Veggie Egg Bake Fruit Cup Roasted Potatoes Orange Juice Cinn. Raisin Bread MO: Veggie Egg Bake NCS: N/A			

Salad Options for May 2022May 3

Cottage Cheese Platter

Cottage cheese with cucumber, tomato wedges, strawberries, and pineapple

Dressing: None

Meal Items Included: Whole Wheat Bun, Loaf Cake

May 10

Tuna Salad

Mixed greens topped with tuna salad, tomato, hard-boiled egg, cucumber, and croutons

Dressing: None

Meal Items Included: Peaches, Blueberry Crisp

May 17

Chef's Salad

Mixed greens topped with deli ham & turkey, Swiss cheese, sliced green pepper, tomatoes, hard-boiled egg, and croutons

Dressing: Ranch

Meal Items Included: Bun, Applesauce, Cookie

May 24

Chicken Salad

Shredded lettuce topped with cranberry chicken salad, tomatoes, and cucumbers

Dressing: None

Meal Items Included: Whole Wheat Bread, Banana, Ambrosia

May 31

Hummus Platter

Pita wedges, hummus, and roasted vegetables

Dressing: None

Dining Center

GuidelinesAre you age 60 or over?

◆ Please donate what you can afford

◆ Suggested minimum contribution is \$4 per mealAre you under age 60?

...and do not meet the nutrition program eligibility guidelines, you are required to pay the total cost of the meal (\$9.07*).

Questions?

Please ask a staff member.

Vegetarian Option

We offer a vegetarian (meatless) option every day.

Please make a reservation two days before.**If you would like to join us for lunch, call 608-831-2373.**

* Total cost includes: food, staff, transportation, and building expenses.



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