



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



**Regular Menu  
October 2021**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>While Dining Centers are Closed Due to COVID:</b> <i>Please arrive for curbside pick-up meals at 11 am.</i></p>				<p><b>1</b> Baked Salmon Sweet Potatoes Broccoli Florets Whole Wheat Bread Fruited Applesauce</p>
<p><b>4</b> Cheese Ravioli Peas and Carrots Cottage Cheese Warm Spiced Pears Pumpkin Bar <b>D</b></p>	<p><b>5</b> Chicken and Wild Rice Broccoli Florets Carrots Apple Slices Peanut Butter Sugar Cookie <b>CH</b></p>	<p><b>6</b> Salisbury Steak Italian Blend Veg. Baked Bean Medley Whole Wheat Bread Fruited Applesauce</p>	<p><b>7</b> Baked Cod California Blend Veg. Red Potatoes Rye Bread Pineapple</p>	<p><b>8</b> Meatloaf Au Gratin Potatoes Romaine w/ Dressing Whole Wheat Bread Warm Fruit Salad</p>
<p><b>11</b> Tater Tot Casserole Stewed Tomatoes Peas Whole Wheat Bread Apple Cranberry Crumble <b>D</b></p>	<p><b>12</b> Chicken Breast Mashed Potatoes Cheesy Spinach Whole Wheat Bread Mandarin Oranges Fudgy Fiber Brownie <b>D</b></p>	<p><b>13</b> Broccoli Quiche Asparagus Red Potatoes Cottage Cheese Orange Juice Cinnamon Raisin Bread <b>CH</b></p>	<p><b>14</b> White Chicken Chili Carrots Corn Bread Light Yogurt Pears</p>	<p><b>15</b> Lasagna Casserole Romaine w/ Dressing Italian Blend Veg. Warm Cinnamon Applesauce</p>
<p><b>18</b> Ranch Chicken Whole Grain Bun Carrots Winter Blend Veg. Banana</p>	<p><b>19</b> Ham Slices California Blend Veg. Winter Squash Whole Wheat Bread Pineapple Oatmeal Cookie</p>	<p><b>20</b> Roast Turkey Mashed Potatoes Beets Whole Wheat Bread Fruited Applesauce Butterscotch Pudding <b>D</b></p>	<p><b>21</b> Hamburger Patty Whole Grain Bun Baked Beans Broccoli Salad Warm Spiced Pears <b>CH</b></p>	<p><b>22</b> Green Pepper Casserole Corn Green Beans Yogurt Strawberries</p>
<p><b>25</b> Chicken Breast Parmesan Italian Blend Veg. Winter Squash Whole Wheat Bread Cake w/ Berry Frosting</p>	<p><b>26</b> Sloppy Joe Hamburger Bun Baked Bean Medley Peas Pumpkin Pudding <b>D</b></p>	<p><b>27</b> Hot Pork Hamburger Bun Cheesy Potato Casserole Cooked Cabbage Applesauce</p>	<p><b>28</b> Chicken Fajita Casserole Broccoli Stewed Tomatoes Mandarin Oranges</p>	<p><b>29</b> Spaghetti &amp; Meatballs Romaine w/ Dressing Cauliflower Warm Peach Crisp <b>CH</b></p>

**Eligibility:** Any person age 60 or older, regardless of income, and a spouse of any age.  
**Dining centers:** Reservations are required and must be made no later than noon of the prior business day  
Suggested donation: \$4.00. All donations are appreciated.  
**Home delivered:** Must also be homebound. Suggested donation: \$4.00

**Call 608-757-5474 for Reservations, Cancellations, & Home Delivered Meal Information**

# Rock County Council on Aging Nutrition Program

## Dining Center Locations and Schedule

**Reservations are required and must be made by noon of the prior business day.**

*For meal reservations or more information, call 757-5474 (Mon – Fri, 8 am – 5 pm)*

**While dining sites are closed due to COVID, arrive for curbside pick-up meals @ 11 am.**

<u>Location</u>	<u>Address</u>	<u>Center Mgr</u>	<u>Meal Time</u>
Clinton	Senior Center 508 Front Street	Chris Tracy	11:30am Monday – Friday
Evansville	Creekside Place 102 Maple Street	Amy Martinson	11:30am Tues. & Thurs. only
Janesville	<b>Riverview Café – Riverview Heights</b> 930 N. Washington Street Park in Back Special Parking available upon request.	Celane Poteat	11:30am Monday – Friday
Beloit	<b>Chews and News</b> Grinnell Hall Senior Ctr. 631 Bluff Street	Cindy Ross	11:30am Monday – Friday
Milton	The Gathering Place 715 Campus Street	Patricia Didelot & Sue Grund	11:30am Monday – Friday

### **Signs from Around the World .....**

*The English language can be very confusing to translate as evidenced by the following signs from around the world:*

- In a Paris Dress Shop: Dresses for street walking
- In a Hong Kong Tailor Shop: Ladies may have a fit upstairs.
- In Bangkok Dry Cleaners: Drop your trousers here for best results.
- In a Paris Hotel Elevator: Please leave your values at the front desk.
- In the Office of an Italian Doctor: Specialists in women and other diseases
- In a Japanese Hotel: You are invited to take advantage of the chambermaid.
- In a Copenhagen Airline Ticket Office: We take your bags and send them in all directions.
- In a Rome Laundry: Ladies, leave your clothes here and spend the afternoon having a good time.
- At the Zoo in Budapest: Please do not feed the animals. If you have any suitable food, please give it to the guard on duty.
- In Bucharest, Romania Hotel Lobby: The lift is being fixed for the next day. During that time, we regret that you will be unbearable.
- Helpful Hints from Car Rental Brochure in Tokyo: When passengers of foot heave in sight, tootle the horn. Trumpet him melodiously at first, but if he still obstacles your passage, then tootle him with vigor.



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

Rock County COA is an equal opportunity provider.

No eligible person will be denied a meal because of inability to make a donation.



\*\*\* Rock County Nutrition Program cannot assume any liability for adverse reactions to food consumed. Nutrition Program food should not be consumed by persons with severe allergies or dietary restrictions. \*\*\*