

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



**Diabetic Menu
September 2021**



Monday	Tuesday	Wednesday	Thursday	Friday
<p>While Dining Centers are Closed Due to COVID:</p> <p>Please arrive for curbside pick-up meals at 11 am.</p>				
		1	2	3
		Taco Salad Tomato & Bean Salad Corn Whole Wheat Bread Light Yogurt	Herbed Pork Loin Sweet Potato Spinach w/cheese Whole Wheat Bread Peanut Butter Peaches SF Pudding	Macaroni & Cheese Broccoli Cauliflower Cottage Cheese Banana
				CH
6	7	8	9	10
<p>LABOR DAY NO MEALS</p> 	BBQ Rib Patty Whole Grain Bread Baked Bean Medley Stewed Tomatoes Fruited Applesauce	Chicken Marsala Au Gratin Potatoes Mediterranean Veg. Cottage Cheese Whole Wheat Bread Mandarin Oranges	Baked Cod Mashed Potatoes Broccoli Whole Wheat Bread Peaches Sugar Cookie	Stuffed Pepper Casserole Green Beans Carrots Light Vanilla Yogurt Strawberries
			CH	
13	14	15	16	17
Southwest Turkey Bake Carrots Cauliflower Applesauce	Tuna Pasta Salad Romaine w/dressing Cottage Cheese Tomato Juice Banana SF Pudding	Grilled Chicken Breast Broccoli Beets Whole Wheat Bread Pineapple Carrot Bar	Salisbury Steak w/Mushroom Gravy Green Beans Mashed Potatoes Mandarin Oranges Whole Wheat Bread Pumpkin Fluff	Polish Sausage Whole Wheat Bread Calico Beans Potato Salad Warm Fruit Salad
		CH		
20	21	22	23	24
Lemon Pepper Chicken Sweet Potatoes Cooked Red Cabbage Whole Wheat Bread Peaches Pumpkin Bar	Brat Patty Whole Wheat Bread Baked Beans Carrots Pears	Chicken Salad Baby Spinach Potato Salad Whole Wheat Bread Mandarin Oranges	Roast Beef w/ Gravy Mashed Potatoes Broccoli Apple Slices Whole Wheat Bread Peanut Butter SF Pudding	Swedish Meatballs Egg Noodles Stewed Tomatoes Peas & Carrots Strawberry Applesauce
	CH			
27	28	29	30	
Meatloaf Au Gratin Potatoes Mediterranean Blend Pears Whole Wheat Bread	Sliced Turkey Breast w/ Gravy Mashed Potatoes Beets Applesauce Whole Wheat Bread Oatmeal Cookie	Broccoli Egg Bake Breakfast Sausage Links Asparagus Tomato Juice Cinn. Raisin Bread Pineapple	Chicken and Broccoli Casserole Carrots Cauliflower Cottage Cheese Mandarin Oranges	
CH				

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	Riverview Café – Riverview Heights 930 N. Washington Street Park in Back Special Parking available upon request.	Celane Poteat	11:30am Monday – Friday
Beloit	Chews and News 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

Hi! My Name is.....

Source Unknown

- ☺ Art, I'm a museum curator.
- ☺ Gene, I'm a DNA researcher.
- ☺ Les, I'm a dietician.
- ☺ Harry, I'm a barber.
- ☺ Iris, I'm an optometrist.
- ☺ Cliff, I'm a mountaineer.
- ☺ Belle, I play the carillon.
- ☺ Otto, I'm a car mechanic.
- ☺ Clarence, I specialize in end-of-season inventory close-out sales.



Puns of Many Trades

Source Unknown

- At first, I worked in an orange juice factory, but got canned because I couldn't concentrate.
- After that, I tried to be a tailor, but I just wasn't suited for it mainly because it was a so-so job.
- Next was a job in a shoe factory but it didn't last. I tried but just didn't fit in. Besides, my boss was a heel.
- Then I got a job at a zoo feeding giraffes but was fired because I wasn't up to it.
- Moving to the seashore, I became a professional fisherman, but discovered I couldn't live on my net income.
- My best job was in an orchestra, but eventually they found out I wasn't noteworthy.
- Starbucks was my last job, but I quit because it was always the same old grind.

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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. ***