



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



**Diabetic Menu
October 2021**

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

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. ***