



Please note: For meal reservations/cancellations, call Jean Detert, ext 112 by noon the day before at 608-837-4611. Our nutritious lunches are currently offered Monday-Friday. The suggested minimum donation for those 60 and older is \$4.50 per meal, but please pay only what you can afford. Anyone under 60 is required to pay the full cost to provide the meal, which is \$17.20 as set by Dane County. Help keep the program going. Donate what you can afford.

		1-Wednesday Sloppy Joe Wheat Bun Baked Beans Tatar Tots Banana Sherbet MO: Cheese Sandwich	2-Thursday Roast Chicken Garlic Mashed Potatoes Brussel Sprouts Wheat Dinner Roll Strawberries Cake MO: Veggie Lasagna	3- Friday BBQ Rib Hash Brown Patty Carrots Wheat Dinner Roll Grapes Sherbet MO: Veggie Patty
6- Monday Celebrating Cinco de Mayo Taco Salad: Lettuce, Gr. Beef, Cheese, Tomatoes, Onion, Black Beans, Salsa, Sr. Cream, Tortilla Chips Tropical Fruit Apple Slices MO: No meat, add beans	7-Tuesday Pork Loin/Gravy Mashed Potatoes Green Beans Mixed Melon Rye Bread Fruit Crisp MO: Veggie Patty	8-Wednesday Seafood Pasta Salad Tomato Slices Chinese Cabbage Salad Wheat Bread Mixed Melon Italian Ice MO: Veggie Pasta Salad	9-Thursday Chicken Breast Wheat Bun Mayo Tomato/Onion/Lettuce White Potatoes Applesauce Ice Cream MO: Veggie Chicken Patty	10-Friday Chicken Salad Croissant Lettuce Leaf Coleslaw Pears Pudding MO: Cheese Sandwich
13-Monday Omelet Hash Browns Pork Sausage Tropical Fruit Muffin Orange Juice MO: Veggie Sausage	14- Tuesday Hawaiian Meatballs Brown Rice Broccoli Pineapple Raw Veggies/Ranch Dip Ice Cream MO: Veggie Patty	15- Wednesday Chef Salad-Lettuce, Veggies, Meat, Cheese, Egg, Croutons, Dressing Nutri Grain Bar Orange Wedges Frozen Yogurt MO: No Meat, add beans	16- Thursday Cheeseburger Tomato/Onion/Lettuce Wheat Bun Calico Beans Tatar Tots Watermelon Cookie MO: Veggie Burger	17- Friday Syttende Mai Swedish Meatballs Mashed Potatoes Broccoli Wheat Bread Blushing Pears MO: Cheese Sandwich
20-Monday Mini Corn Dogs Ketchup Green Beans German Potato Salad Berries Pound Cake MO: Cheese Sandwich	21- Tuesday BBQ Shredded Chicken Wheat Bun Sweet Potato Fries Coleslaw Melon Pudding MO: Veggie Patty	22-Wednesday Beef Taco w/ Tortilla, Taco Meat, Nacho Cheese, Lettuce, Sr Cream, Salsa Black Beans Apple Slices, Muffin MO: Black Bean Taco	23- Thursday Chicken Pasta Salad w/ Grapes Cherry Tomatoes Pea Salad Wheat Bread Cheesecake MO: Pasta w/beans	24- Friday Meatballs & Marinara Penne Pasta Corn Garlic Bread Peaches Brownie MO: Veggie Patty
27-Monday Memorial Day Closed	28-Tuesday Beef Hotdog Bun Ketchup/Mustard Sun Chips Cheesy Potatoes Sauerkraut Mixed Fruit, Italian Ice MO: Cheese Sandwich	29-Wednesday Italian Pasta Salad: Cheese, Pasta, Pepperoni, Blk.Olives, Italian Dressing Cottage Cheese Cucs & Cherry Tom. Pears, Sherbet MO: Meatless Pasta	30-Thursday Lasagna Green Beans Mandarin Oranges Garlic Bread Cake MO: Veggie Lasagna	31-Friday Salad: Turkey, Lettuce, Cranberries, Egg, Onion, Cheese, Carrots, Blk.Beans French Dressing Muffin, Banana MO: No meat add Cheese

Menu Guidelines: Menus for the Dane County Senior Dining Centers are averaged over one month to meet one third of the Daily Reference Intake for Adults. A menu analysis is available at most meal sites for you upon request. Ask for it from your site manager. Hot foods are served at 140+ degrees F. and Cold foods at 40 degrees F. All menus are reviewed by Shannon Gabriel, RDN, CDN. Your comments are welcome.