

September 2017

Friday 1

<p><i>All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed.</i></p>	<p>Salads on Fridays: Week 1: Hummus Plate Week 2: Pulled Pork Santé Fe Salad Week 3: Harvest Salad Week 4: Chicken Confetti Salad</p>		<p>Senior Dining</p> 	<p>Salisbury Steak Mashed potatoes Carrots Rye Bread/Marg. Jell-o w/Fruit Cocktail VO- Salisbury Veggie Patty</p>
<p>Monday 4</p>	<p>Tuesday 5</p>	<p>Wednesday 6</p>	<p>Thursday 7</p>	<p>Friday 8</p>
<p>--Closed-- LABOR DAY</p> 	<p>BBQ Ribs Twice Baked Potato Baked Beans Dinner Roll/Butter Apple Pie VO- Veggie Wrap</p>	<p>Baked Mostaccioli Tossed Greens w/Ranch Dressing Orange Bread Stick Frosted Cake VO-Veggie Meatballs in Tomato Sauce w/ Mozzarella Cheese</p>	<p>Grilled Chicken on Bun with Lettuce/Tomato/Mayo Carrots Green Beans Jell-O w/Peach Slices VO- Black Bean Burger</p>	<p>Roast Beef w/Gr. (NAS Gravy) Mashed Potatoes w/Gravy (NAS Gravy) Roasted Corn MG Bread w/ Marg. Apple Crisp VO- Veggie Patty</p>
<p>Monday 11</p>	<p>Tuesday 12</p>	<p>Wednesday 13</p>	<p>Thursday 14</p>	<p>Friday 15</p>
<p>Chicken Salad on Whole Wheat Bun w/ Lettuce Carrot Sticks Marinated Tomatoes Fruit Cup Sugar Cookie VO- Egg Salad on Bun</p>	<p>Lunch in Community: Sugar River Pizza MOW Menu Only: *Ham/Swiss Croissant (NAS - Turkey Croissant) Kidney Bean Salad Banana Lemon Bar VO- Cheese Sandwich</p>	<p>*Roast Pork w/Gravy (NAS - Chicken Breast w/ NAS Gravy) Mixed Greens w/ French Dressing Corn Fruit Cocktail W.W. Bread/Marg. Vanilla Pudding VO- Veggie Patty</p>	<p>Meat Sauce over Spaghetti Noodles Peas Garlic Bread Stick Parmesan Packet Strawberry Jell-O w/ Pineapple VO- Soy Meat Sauce</p>	<p>Birthday Lunch at Harriet Park MOW Menu only: Biscuits & Gravy Hash Brown Tomato Juice Mandarin Oranges Cinnamon Roll VO- Spinach/ Cheese Quiche</p>
<p>Monday 18</p>	<p>Tuesday 19</p>	<p>Wednesday 20</p>	<p>Thursday 21</p>	<p>Friday 22</p>
<p>Swiss Steak Rice Mixed Greens w/3 Tomato Slices & Italian Dressing Fruit Cup Oatmeal Cookie VO- Veggie Meatballs</p>	<p>Chicken Macaroni Salad Four Bean Salad Orange Jell-o w/Peaches VO- Pasta Salad w/ Cheese</p>	<p>Cheeseburger on Whole Wheat Bun w/ Lettuce & Tomato BBQ Baked Beans Banana Ketchup/Mustard Lemon Raspberry Cake VO- Egg Salad Sandwich</p>	<p>*Italian Sausage (NAS - Grilled Chicken Sandwich) w/Peppers & Onions Carrots Mandarin Oranges Pineapple Cake w/ Frosting VO- Vegetarian Wrap</p>	<p>Breaded Fish w/tartar sauce ½ Baked Potatoes w/Sour Cream & Marg Corn MG Bread/Marg Pineapple Fluff VO- Baked Potato w/ Veggie Cheese Sauce</p>
<p>Monday 25</p>	<p>Tuesday 26</p>	<p>Wednesday 27</p>	<p>Thursday 28</p>	<p>Friday 29</p>
<p>*Au Gratin Potatoes w/Diced Ham (NAS - Au Gratin Potatoes w/Diced Chicken) Mixed Vegetables Fruit Cup Rye Bread/Marg. Choc. Ice Cream VO- Au Gratin w/Soy Meat</p>	<p>Beefy Mac-N-Cheese Carrots Apple Strawberry Shortcake w/Topping VO- Mac-N-Cheese</p>	<p>Chicken Cacciatore Egg Noodles Pea Salad Diced Peaches WW Bread/Marg. Sherbet VO- Soy Meat Sauce</p>	<p>*Meatloaf Mashed Potatoes w/Gravy Mixed Greens w/3 Tomato Slices & French Dressing W.W. Bread/Marg Jell-o w/Diced Pears VO-Veggie Patty</p>	<p>Beef Burrito Bake Spanish Rice Corn Diced Pears Chocolate Chip Cookie Packet VO- Veggie Burrito Bake</p>

Meals provided by DANE COUNTY CONSOLIDATED FOOD SERVICES