

Senior Dining



Fellowship, Food & Fun

# August 2013

## Fond du Lac County Senior Dining

### Is Money Tight?

You might be eligible for a Food Share Wisconsin (Quest) Card

To contact the Food Share Wisconsin Help Line call 1-877-366-3635

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																											
<p><b>Jul 2013</b></p> <table border="1"> <tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table>	M	T	W	T	F	S	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					<p><b>Sep 2013</b></p> <table border="1"> <tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>	M	T	W	T	F	S	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30								<p><b>1</b></p> <p>Smoked Sausage Red Skin Potatoes Sauerkraut Birthday Cake Watermelon Slice * Dinner Roll</p>	<p><b>2</b></p> <p>Roast Beef Mashed Potatoes Mixed Vegetables Peach Slices Cookie * Sliced Bread</p>
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<p><b>5</b></p> <p>Pork Jaegerschnitzel Mashed Potatoes Tossed Salad Winter Blend Veg. * Apple Pie Sliced Bread</p>	<p><b>6</b></p> <p>Chicken Teriyaki Baked Potato Summer Blend Veg. Pear Slices Fudge Brownie * Dinner Roll</p>	<p><b>7</b></p> <p>Liver and Onions Au Gratin Potatoes Corn Butterscotch Pud. Fruit Cocktail * Sliced Bread</p>	<p><b>8</b></p> <p>Salisbury Steak Mashed Potatoes Baby Carrots Fruited Gelatin Frosted Cake * Dinner Roll</p>	<p><b>9</b></p> <p>Chicken, Broccoli &amp; Rice Casserole Green Beans Alexander Torte Petite Banana * Sliced Bread</p>																																																																																											
<p><b>12</b></p> <p>Swedish Meatballs Mashed Potatoes Spinach Salad with Rasp. Vinaigrette Pineapple Tidbits Cookie * Sliced Bread</p>	<p><b>13</b></p> <p>Baked Chicken American Pot. Salad Peas and Carrots Peach Fzn. Yogurt Watermelon Slice * Dinner Roll</p>	<p><b>14</b></p> <p>Mushroom Pork Cutlet Mashed Potatoes Red Cabbage Applesauce Cinnamon Roll * Sliced Bread</p>	<p><b>15</b></p> <p>Pepper Steak Red Skin Potatoes Chinese Ramen Cabbage Salad Key Lime Pie Pear Slices * Dinner Roll</p>	<p><b>16</b></p> <p>Chef Salad with Spinach, Veggies, Cheese, Ham, and Sunflower Kernals Salad Dressing Cantaloupe Slice Cookie * Sliced Bread</p>																																																																																											
<p><b>19</b></p> <p>Roast Turkey Mashed Potatoes Calif. Blend Veg. Cranberry Gelatin Vanilla Pudding * Sliced Bread</p>	<p><b>20</b></p> <p>Baked Spaghetti (includes veg.) Italian Blend Veg. Applesauce Cake Plum Halves * French Bread</p>	<p><b>21</b></p> <p>Orange Glazed Chicken Breast Baked Potato Copper Penny Salad Pineapple Tidbits Tapioca Pudding * Sliced Bread</p>	<p><b>22</b></p> <p>Beef Frank on a Bun German Pot. Salad Corn Mandarin Orange Gelatin Frosted Cake *</p>	<p><b>23</b></p> <p>Chopped Steak in Burg/Mush Sauce Mashed Potatoes Summer Blend Veg. Butterfinger Torte Seedless Grapes * Sliced Bread</p>																																																																																											
<p><b>26</b></p> <p>BBQ Pork Cutlet Red Skin Potatoes Carrots Applesauce Cookie * Sliced Bread</p>	<p><b>27</b></p> <p>Meatloaf Cheesy Potato Bake Calif. Blend Veg. Ambrosia Dessert Honeydew Melon* Dinner Roll</p>	<p><b>28</b></p> <p>Baked Chicken Twice Bk Style Pot. Three Bean Salad Peach Slices Fudge Brownie * Sliced Bread</p>	<p><b>29</b></p> <p>Hawaiian Meatballs Baked Potato Peas/Pearl Onions Cream Sicle Tore Fruit Cocktail * Dinner Roll</p>	<p><b>30</b></p> <p>Country Fried Steak Mashed Potatoes Tossed Salad Apricot Halves Cookie * Sliced Bread</p>																																																																																											

FdL COUNTY SENIOR DINING

1. ELIGIBILITY -all persons 60 years of age or older, or married to someone 60 years of age or older.
- NO person shall be excluded from participation in, be denied benefits of, or be subjected to discrimination on the grounds of race, color, creed, sex, national origin or their ability to pay.

2. REGISTRATION -Required at least one day in advance by 1:00 PM – either by signing up at mealsite or by calling:

Fond du Lac Courthouse 929-3937

North Fond du Lac Courthouse 929-3937

Waupun Senior Center 324-7930

3. CANCELLATION - If you must cancel due to illness or an emergency, please call the Department of Senior Services at 929-3937 before 1:00 pm the business day prior to the cancelled meal.

4. COST -Mealsite – Suggested donation of \$3.00 for those 60 years of age or older, or married to someone 60 years of age or older.

-Mobile Meals – Suggested donation of \$3.50 for those 60 years of age or married to someone 60 years of age or older.

5. LOCATIONS	MEALSITE	ADDRESS	SERVICE	DAYS
FOND DU LAC	Riverview	101 Western Ave	11:45 am	M--F
	Portland Square	55 N. Portland	11:45 am	M--F
	Senior Center	151 E. 1 <sup>st</sup> St	11:45 am	M--Th
	Westnor	653 W. Arndt	12:00 noon	M--F
N. FOND DU LAC	Northgate	350 Winnebago St	12:00 noon	M--F
RIPON	Russell Manor	504 Russell Dr	11:45 am	M--F
	Willowbrook	615 W Oshkosh St	12:00 noon	M--F
WAUPUN	Senior Center	301 E. Main St	12:00 noon	M--F

Each of our meals contains 1/3 of the current RECOMMENDED DIETARY ALLOWANCE (RDA) as established by the Food & Nutrition Board of the National Academy of Sciences:

meat/alternative	3 oz. Cooked
vegetable/fruit	2 half cups
bread/alternative	1 serving
margarine	1 teaspoon
dessert	1 half cup
milk	1 half pint