



# April 2016

## 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																																																																																																									
<table border="1" style="margin: auto;"> <thead> <tr> <th colspan="7">Mar 2016</th> </tr> <tr> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> </tr> <tr> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> <td>13</td> </tr> <tr> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> <td>19</td> <td>20</td> </tr> <tr> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> <td>26</td> <td>27</td> </tr> <tr> <td>28</td> <td>29</td> <td>30</td> <td>31</td> <td></td> <td></td> <td></td> </tr> </tbody> </table> <table border="1" style="margin: auto;"> <thead> <tr> <th colspan="7">May 2016</th> </tr> <tr> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> <th>S</th> </tr> </thead> <tbody> <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>31</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>				Mar 2016							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				May 2016							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>1</b></p> <p>Swiss Steak Mashed Potatoes Corn Carrot Cake w/Cr. Cheese Frosting Apple Slices * Sliced Bread</p>
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<p><b>4</b></p> <p>Chicken and Biscuit Broccoli Cuts Pineapple Tidbits Sugar Cookie *</p>	<p><b>5</b></p> <p>Baked Spaghetti Mixed Italian Salad Cantaloupe Slice Rainbow Sherbet * French Bread</p>	<p><b>6</b></p> <p>Pork Steak Mashed Potatoes Baby Carrots Applesauce Cinnamon Roll * Sliced Bread</p>	<p><b>7</b></p> <p>Orange Chicken Baby Red Potatoes Mixed Vegetables Birthday Cake Honeydew Melon * Dinner Roll</p>	<p><b>8</b></p> <p>Swedish Meatballs Mashed Potatoes Green Beans Petite Banana Fudge Brownie * Sliced Bread</p>																																																																																																									
<p><b>11</b></p> <p>Smoked Sausage Baked Potato Peas and Carrots Butterfinger Torte Peach Slices * Sliced Bread</p>	<p><b>12</b></p> <p>Salmon Loaf Sour Cream and Chive Potatoes Winter Blend Veg. Fruited Gelatin Frosted Cake * Dinner Roll</p>	<p><b>13</b></p> <p>Baked Chicken Twice Bk Style Pot. Three Bean Salad Peanut Butter Cookie Apple Slices * Sliced Bread</p>	<p><b>14</b></p> <p>Chili Casserole Tossed Salad Apricot Halves Cookie * Cornbread</p>	<p><b>15</b></p> <p>County Fried Steak Mashed Potatoes Summer Blend Veg. Chocolate Pudding Seedless Grapes * Sliced Bread</p>																																																																																																									
<p><b>18</b></p> <p>Meatballs in Honey Mustard Sauce Baby Red Potatoes Carrots Ice Cream Cup Plum Halves * Sliced Bread</p>	<p><b>19</b></p> <p>Salisbury Steak Mashed Potatoes Corn Fruited Gelatin Butterscotch Pud. * Dinner Roll</p>	<p><b>20</b></p> <p>Teriyaki Chicken Breast Baked Potato Peas and Carrots Coconut Cream Pie Pineapple Tidbits * Sliced Bread</p>	<p><b>21</b></p> <p>Pork Jaegerschnitzel Mashed Potatoes Red Cabbage Applesauce Cookie * Dinner Roll</p>	<p><b>22</b></p> <p>Beef Stroganoff Casserole California Blend Veg. Mand. Orange Gel. Cinnamon Roll * Sliced Bread</p>																																																																																																									
<p><b>25</b></p> <p>Ham Rolls Squash Health Slaw Pear Slices Frosted Cake * Sliced Bread</p>	<p><b>26</b></p> <p>Baked Chicken Twice Bk Style Pot. Pickled Beet Salad Ice Cream Cup Fruit Cocktail * Dinner Roll</p>	<p><b>27</b></p> <p>Hawaiian Meatballs Baby Red Potatoes Baby Carrots Pineapple Tidbits Fudge Brownie * Sliced Bread</p>	<p><b>28</b></p> <p>Roast Turkey Mashed Potatoes Spinach Salad with Rasp. Vinaigrette Applesauce Cake Honeydew Melon * Dinner Roll</p>	<p><b>29</b></p> <p>Cheese Tortellini in Marinara Sauce Italian Blend Veg. Cantaloupe Slice Cookie * French 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:
- |                                 |               |          |
|---------------------------------|---------------|----------|
| <b><u>Fond du Lac</u></b>       | Courthouse    | 929-3937 |
| <b><u>North Fond du Lac</u></b> | Courthouse    | 929-3937 |
| <b><u>Waupun</u></b>            | 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---F
	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
WAUPUN	Willowbrook	615 W Oshkosh St	12:00 noon	M---F
	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