



June 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																																																																																										
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p style="text-align: center;">May 2016</p> <table border="1" style="width: 100%; text-align: center;"> <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>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table> </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p style="text-align: center;">Jul 2016</p> <table border="1" style="width: 100%; text-align: center;"> <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>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table> </div> <p style="text-align: center; font-size: 2em; font-weight: bold;">1</p> <p>Chicken Teriyaki Baby Red Potatoes Summer Blend Veg. Ambrosia Dessert Seedless Grapes * Sliced Bread</p>	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						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 style="text-align: center; font-size: 2em; font-weight: bold;">2</p> <p>Ham Rolls Squash Health Slaw Birthday Cake Plum Halves * Dinner Roll</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">3</p> <p>Chili Casserole Western Corn Cantaloupe Slice Fudge Brownie * Cornbread</p>
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<p style="text-align: center; font-size: 2em; font-weight: bold;">6</p> <p>Roast Turkey Mashed Potatoes Baby Carrots Cranberry Gelatin Cookie * Sliced Bread</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">7</p> <p>Pepper Steak Baked Potato Spinach Salad with Rasp. Vinaigrette Key Lime Pie Watermelon Slice * Dinner Roll</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">8</p> <p>Pork Jaegerschnitzel Mashed Potatoes Red Cabbage Applesauce Rice Pudding * Sliced Bread</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">9</p> <p>Crispy Fish Fillet German Pot. Salad Winter Blend Veg. Rainbow Sherbet Pear Slices * Onion Rye Roll</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">10</p> <p>Chicken Tetrizzini Casserole Mixed Italian Salad Pineapple Tidbits Frosted Cake * Sliced Bread</p>																																																																																										
<p style="text-align: center; font-size: 2em; font-weight: bold;">13</p> <p>Salisbury Steak Mashed Potatoes Corn Coconut Cream Pie Peach Slices * Sliced Bread</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">14</p> <p>Hawaiian Meatballs Baby Red Potatoes Carrots Mand. Orange Gel. Cookie * Dinner Roll</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">15</p> <p>Baked Chicken Twice Bk Style Pot. Pickled Beet Salad Applesauce Cake Plum Halves * Sliced Bread</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">16</p> <p>Beef Stroganoff Casserole Tossed Salad Seedless Grapes Cinnamon Roll * Dinner Roll</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">17</p> <p>Pork Steak Mashed Potatoes Mixed Vegetables Butterscotch Pud. Applesauce * Sliced Bread</p>																																																																																										
<p style="text-align: center; font-size: 2em; font-weight: bold;">20</p> <p>Meatloaf Baked Potato Creamy Cuke Salad Pineapple Tidbits Frosted Cake * Sliced Bread</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">21</p> <p>Baked Spaghetti Mixed Italian Salad Vanilla Pudding Apple Slices * French Bread</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">22</p> <p>Chicken Breast Mashed Potatoes Baby Carrots Watermelon Slice Fudge Brownie * Sliced Bread</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">23</p> <p>Bratwurst on a Bun Cheesy Potato Bake Calif. Blend Veg. Orange Sherbet Honeydew Melon *</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">24</p> <p>Country Fried Steak Mashed Potatoes Green Beans Fruited Gelatin Cookie * Sliced Bread</p>																																																																																										
<p style="text-align: center; font-size: 2em; font-weight: bold;">27</p> <p>Roast Pork Loin Mashed Potatoes Spinach Salad with Hot Bacon Dress. Choc. Rasp. Torte Plum Halves * Sliced Bread</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">28</p> <p>Beef Stew Brussel Sprouts Peach Slices Ice Cream Cup * Cheddar Biscuit</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">29</p> <p>Baked Chicken Garlic Mashed Pot. Three Bean Salad Chocolate Pudding Pear Slices * Sliced Bread</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">30</p> <p>Meatballs in Honey Mustard Sauce Baby Red Potatoes Peas and Carrots Fruited Gelatin Cookie * Dinner Roll</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:
- | | | |
|--------------------------|---------------|----------|
| <u>Fond du Lac</u> | Courthouse | 929-3937 |
| <u>North Fond du Lac</u> | Courthouse | 929-3937 |
| <u>Waupun</u> | 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 st St	11:45 am	M---F
	Westnor	653 W. Arndt	12:00 noon	M---F
N. FOND DU LAC RIPON	Northgate	350 Winnebago St	12:00 noon	M---F
	Russell Manor	504 Russell Dr	11:45 am	M---F
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