Senior Dining

Fellowship, Food Fun

May 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
2 Chicken Breast Mashed Potatoes Mixed Vegetables Choc/Banana Torte Seedless Grapes * Sliced Bread	*3* Meatloaf Baked Potato Corn Peach Slices Vanilla Pudding * Dinner Roll	*4* Roast Pork Loin Mashed Potatoes Carrots Applesauce Cookie * Sliced Bread	*5* Beef Stew Winter Blend Veg. Birthday Cake Plum Halves * Cheddar Biscuit	*6* Liver and Onions Cheesy Potato Bake Peas/Pearl Onions Mand Orange Gel. Ice Cream Cup * Sliced Bread
9 Beef & Pork Chop Suey over Rice Spinach Salad with Rasp. Vinaigrette Cantaloupe Slice Frosted Cake * Sliced Bread	*10* Cranberry/Kraut Meatballs Baby Red Potatoes Maple Br. Sprouts Cream Sicle Torte Apple Slices * Dinner Roll	*11* Baked Chicken Twice Bk Style Pot. Copper Penny Salad Pineapple Tidbits Cookie * Sliced Bread	*12* Glazed Ham Sweet Potato Bake Cole Slaw Applesauce Ice Cream Cup * Dinner Roll	*13* Chop Steak in Burg/Mush Sauce Mashed Potatoes Corn Egg Custard Pie Honeydew Melon * Sliced Bread
16 Lasagna Casserole Italian Blend Veg. Fruited Gelatin Fudge Brownie * French Bread	*17* Country Fried Steak Mashed Potatoes Peas and Carrots Oatmeal Raisin Cookie Pear Slices * Dinner Roll	*18* Chicken Marsala Baked Potato Tossed Salad Raspberry Sherbet Seedless Grapes * Sliced Bread	*19* BBQ Pork Cutlet Au Gratin Potatoes Broccoli Cuts Fruit Cocktail Cookie * Onion Rye Roll	*20* Roast Beef Mashed Potatoes Carrots Red Velvet Cake Plum Halves * Sliced Bread
23 Baked Chicken Twice Bk Style Pot. Three Bean Salad Apricot Halves Cinnamon Roll * Sliced Bread	*24* Meatloaf Baby Red Potatoes Mixed Vegetables Alexander Torte Honeydew Melon* Dinner Roll	*25* Swedish Meatballs Mashed Potatoes Peas/Pearl Onions Fruited Gelatin Frosted Cake * Sliced Bread	*26* Chicken, Broccoli, & Rice Casserole Tossed Salad Butterscotch Pud. Apple Slices * Dinner Roll	*27* Smoked Sausage Baked Potato German Cuke Salad Peach Slices Cookie * Sliced Bread
30 Closed Memorial Day	*31* Swiss Steak Mashed Potatoes Corn Applesauce Ice Cream Cup * Dinner Roll			

Apr 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	

Jun 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			

ring - Randolph, Wisconsin

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. 1st 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	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

Saved as: menu back