

Senior Dining



Fellowship, Food & Fun

# October 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																																																																																																		
<b>3</b> Swiss Steak Mashed Potatoes Mixed Vegetables Fruited Gelatin Fudge Brownie * Sliced Bread	<b>4</b> Ham Rolls Squash Cole Slaw Pineapple Tidbits Cinnamon Roll Dinner Roll	<b>5</b> Baked Spaghetti Italian Blend Veg. Cantaloupe Slice Cookie * Sliced Bread	<b>6</b> Chicken Marsala Baked Potato Spinach Salad with Rasp. Vinaigrette Birthday Cake Seedless Grapes * Dinner Roll	<b>7</b> Hamburger on a Bun Cheesy Potato Bake Broccoli Cuts Petite Banana Cookie *																																																																																																		
<b>10</b> Pork Jaegerschnitzel Mashed Potatoes Baby Carrots Choc Banana Torte Applesauce * Sliced Bread	<b>11</b> Beef Stroganoff Casserole Calif Blend Veg Apple Slices Ice Cream Cup * Dinner Roll	<b>12</b> Baked Chicken Garlic Mashed Pot Three Bean Salad Egg Custard Pie Seedless Grapes * Sliced Bread	<b>13</b> Crispy Fish Fillet German Pot Salad Green Beans Watermelon Slice Cookie * Rye Dinner Roll	<b>14</b> Swedish Meatballs Mashed Potatoes Peas and Carrots Applesauce Cake Pear Slices * Sliced Bread																																																																																																		
<b>17</b> Chicken Breast Mashed Potatoes Summer Blend Veg Fruited Gelatin Vanilla Pudding * Sliced Bread	<b>18</b> Pepper Steak Baby Red Potatoes Chinese Ramen Sal Rainbow Sherbet Apple Slices * Dinner Roll	<b>19</b> Roast Beef Mashed Potatoes Swiss Spinach Peach Slices Cookie * Sliced Bread	<b>20</b> BBQ Pork Cutlet Baked Potato Western Corn Apple Pie Honeydew Melon * Dinner Roll	<b>21</b> Chicken and a Biscuit Casserole Calif. Blend Veg. Mandarin Orange Gelatin Frosted Cake *																																																																																																		
<b>24</b> Meatloaf Sour Cream and Chive Potatoes Peas/Pearl Onions Cantaloupe Slice Cinnamon Roll * Sliced Bread	<b>25</b> Baked Chicken Twice Bk Style Pot Copper Penny Salad Sugar Cookie Pineapple Tidbits * Dinner Roll	<b>26</b> Hawaiian Meatballs Baby Red Potatoes Tossed Salad Cream Sicle Torte Plum Halves * Sliced Bread	<b>27</b> Country Fried Steak Mashed Potatoes Pickled Beet Salad Applesauce Ice Cream Cup * Dinner Roll	<b>28</b> Smoked Sausage Baked Potato Spinach Salad with Hot Bacon Dressing Coconut Cream Pie Seedless Grapes * Sliced Bread																																																																																																		
<b>31</b> Chopped Steak in Burg/Mush Sauce Mashed Potatoes Mixed Vegetables Pumpkin Cake Honeydew Melon * Sliced Bread	<table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th colspan="7">Sep 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>1</td> <td>2</td> <td>3</td> <td>4</td> </tr> <tr> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> </tr> <tr> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> </tr> <tr> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> </tr> <tr> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td></td> <td></td> </tr> </tbody> </table> <table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th colspan="7">Nov 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></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>				Sep 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			Nov 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				
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Feil's Catering - 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:
- |                          |               |          |
|--------------------------|---------------|----------|
| <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 <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	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