



**South Madison Coalition of the Elderly**  
128 E. Olin Avenue Suite 110 251-8405

# **SOUTHSIDE SENIOR**

**NOVEMBER 2017 PAGE 4**

# **MENU**

**Reserve/Cancel 251-8405**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>FRIDAY Salad Option **</b>
<b>MEALS SERVED at:</b>  Romnes Apartments 540 W. Olin Ave.	Fisher-Taft Apartments 2025 Taft St.  Madison Senior Center 330 W. Mifflin St.	1 Green Pepper Soup Kidney Bean Salad Wheat Bread Banana Frosted Cake VO-Veggie Wrap	2 Meatballs in Gravy Roasted Potatoes Mixed Greens French Dressing Multigrain Bread Fruit Cup Carrot Cake VO-Veggie Meatballs & Gravy	3 Roast Turkey & Gravy Stuffing with Cranberries Fresh Greens Ranch Dressing Banana Pumpkin Bar VO-Veggie Burger	3 Santa Fe Chicken Salad; seasoned chicken, black bean salsa & tortilla strips on mixed greens Ranch Dressing Stuffing Banana Pumpkin Bar
6 Baked Mostaccioli Spinach Bread Stick Diced Peaches Cookie VO-Vegetarian Mostacciolir	7 **Ham Slice Yams Spinach Wheat Bread Spiced Pear Slices Brownie Cake VO-Cheese Sandwich	8 Hearty Bean Soup Fresh Mixed Greens Creamy French Dressing Wheat Dinner Roll Apple Ice Cream	9 Meatballs in Marinara Sauce on Wheat Noodles Roasted Brussels Sprouts Diced Peaches Pineapple Upside Down Cake VO-Veggie Meatballs in Marinara	10 Barbecued Ribs Cheesy Potatoes Corn Dinner Roll Apple Pie VO-Black Bean Burger	10 Taco Salad: beef, lettuce, green onion, tomatoes, cheese, salsa, black olives, sour cream, tortilla strips Dinner Roll Apple Pie
13 **Roast Pork Mashed Potatoes Baked Cabbage & Apples Wheat Bread Mandarin Oranges Banana Bar VO-Veggie Patty	14 Potato-crusted Fish 1/2 Baked Potato Sugar Snap Peas Dinner Roll Pineapple Confetti Cake VO-Veggie Wrap	15 Beef Stew Green Beans Dinner Roll Applesauce Chocolate Cake VO-Veggie Patty	16 Roast Turkey Mashed Potatoes Gravy Green Beans Wheat Roll Pumpkin Pie VO-Veggie Burger	17 Hungarian Goulash with Macaroni Roasted Garlic Lemon Broccoli Kidney Bean Salad Diced Peaches Pound Cake VO-Baked Potato & Veggie Cheese Sauce	17 Harvest Salad: beets, garbanzo beans, cucumber, red onion & feta & croutons on mixed greens; Balsamic Vinaigrette Diced Peaches Pound Cake
20 Chicken Breast Sweet Potato Spinach Multigrain Bread Apple Crisp VO-Hummus Wrap	21 Cheeseburger, lettuce & Tomato on Wheat Bun Corn Kidney Bean Salad Jell-O with Diced Peaches VO-Veggie Meatballs	22 Vegetable Barley Soup Half of Tuna Salad Sandwich on Wheat Banana Diced Pears Cookie VO-Cottage Cheese	23 CLOSED HAPPY THANKSGIVING!	24 CLOSED	24 Tuna Salad: Tuna salad, tomato & cucumber on mixed greens Applesauce Cake
27 Lemon Baked Fish 1/2 Baked Potato Peas Wheat Roll Apricot Tapioca Pudding VO-Hummus Wrap	28 Chicken Parmesan Casserole Fresh Mixed Greens Ranch Dressing Wheat Roll Cherry Cobbler VO-Black Bean Burger	29 Sausage Gravy on Biscuit Roasted Potatoes Orange Juice Cup Spiced Pears Cinnamon Roll VO-Veggie Egg Bake	30 Chicken Enchilada Casserole Fiesta Black Beans Mandarin Oranges Banana Cookie VO-Veggie Enchilada	<p>Items on this menu are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact.</p> <p>**contains pork</p>  	



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**LUNCH PROGRAM and  
NEIGHBORHOOD SENIOR  
CENTER ACTIVITIES**

## **Senior Lunch Program 608-251-8405**

**for questions, reservations & cancelations**

We invite you to attend lunch Monday through Friday at one of our dining centers—see the locations on the menu (page 4). Come every day or once in a while. If you are age 60 or older, or are a disabled person living at Romnes or Fisher-Taft Apartments, you will not be charged for the meals. But please donate what you can, to keep the program going. The suggested minimum donation is \$4 per meal. You can make your donation anonymously at the dining center. Others who attend the meals will be asked to pay the full cost of the meal; \$10.23.

**RESERVATIONS must be made by 12:00 noon, at least one business day in advance. Call 608-251-8405.**

**CANCELATIONS** If you know you will not be able to attend a reserved meal, call 251-8405 to cancel, by 12:00 noon, at least one business day in advance.

**TRANSPORTATION** to the dining centers from your home is available through Dane County's group van service. Suggested donation is \$1 per round trip, but no-one is denied service if unable to donate. Rides must be reserved at least 24 hours in advance; call Transit Solutions at 608-294-8747.

**MEAL CHOICES** Note that the menu includes a *vegetarian* entrée choice every day. You are welcome to choose this for some of your meals, even if you are not a vegetarian. You can also choose a *salad main dish* on Fridays-every week or just sometimes. Ask for the "diet" option-if you need to *avoid highly concentrated sweets*.

If your doctor has instructed you to limit sodium, you can ask for a *no added sodium diet*. Your meals will then include substitutes when menu items are high in sodium. Call our office at 251-8405 to arrange this.

**TAKE OUT MEALS** are not available.

**HOME-DELIVERED MEALS** are available in some cases. Call 251-8405 for details.

South Madison older adults are welcome to attend the free activities below. Have lunch at our dining center and stay for some social fun, or just drop in for the afternoon. Questions? Call us at 251-8405.

### **Bingo**

Southridge Apartments, 1914 Post Rd.

Tuesdays November 14 & 28 2:00—3:30 pm

Romnes Apartments 540 W. Olin Ave.

Wednesdays, November 1 & 15 1:00 pm

### **Games & Dominoes at Romnes**

Dominoes Monday– Friday 12:30 pm

Cards Mondays, Thursdays & Fridays 1:00 pm

### **Foot Care for non-Diabetics at Romnes**

Scheduled for Wednesday this month only.

Wednesday, November 29 1:00—3:00 pm

Advance appointments needed; call 251-8405

\$20.00 payable at appointment

**\*\*YOGA AT ROMNES DISCONTINUED DUE TO  
DWINDLING ATTENDANCE**