



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

SOUTHSIDE SENIOR

SEPTEMBER 2017 PAGE 4

MENU

Reserve/Cancel 251-8405

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	FRIDAY Salad Option **
<p>MEALS SERVED at:</p> <p>Romnes Apartments 540 W. Olin Ave.</p> <p>Fisher-Taft Apartments 2025 Taft St.</p> <p>Madison Senior Center 330 W. Mifflin St.</p> <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>  					
<p>4</p> <p>LABOR DAY</p> <p>NO MEALS SERVED</p> <p>OFFICE CLOSED</p>	<p>5</p> <p>Barbecued Ribs</p> <p>Twice Baked Potato</p> <p>Baked Beans</p> <p>Dinner Roll</p> <p>Apple Pie</p> <p>VO-Veggie Wrap</p>	<p>6</p> <p>Baked Mostaccioli</p> <p>Tossed Green Salad</p> <p>Ranch Dressing</p> <p>Bread Stick</p> <p>Orange Cake</p> <p>VO-Veggie Meatballs in Tomato Sauce with Cheese</p>	<p>7</p> <p>Grilled Chicken, Lettuce & Tomato on Bun</p> <p>Carrots</p> <p>Green Beans</p> <p>Jell-O with Peach Slices</p> <p>VO-Black Bean Burger</p>	<p>8</p> <p>Salisbury Steak</p> <p>Mashed Potatoes</p> <p>Carrots</p> <p>Rye Bread</p> <p>Jell-O with Fruit Cocktail</p> <p>VO-Salisbury Veggie Patty</p>	<p>1</p> <p>Hummus Plate: Hummus, pita bread, celery, carrots, cucumber, cherry tomatoes</p> <p>Jell-O with Fruit Cocktail</p>
<p>11</p> <p>Chicken Salad & Lettuce on Wheat Bun</p> <p>Carrot Sticks</p> <p>Marinated Tomatoes</p> <p>Fruit Cup</p> <p>Cookie</p> <p>VO-Egg Salad on Bun</p>	<p>12</p> <p>**Ham & Swiss & Lettuce on Croissant</p> <p>Kidney Bean Salad</p> <p>Banana</p> <p>Lemon Bar</p> <p>VO-Cheese Sandwich</p>	<p>13</p> <p>**Roast Pork & Gravy</p> <p>Mixed Greens</p> <p>Corn</p> <p>Wheat Bread</p> <p>Fruit Cocktail</p> <p>Vanilla Pudding</p> <p>VO- Veggie Patty</p>	<p>14</p> <p>Spaghetti & Meat Sauce</p> <p>Parmesan</p> <p>Peas</p> <p>Garlic Bread Stick</p> <p>Strawberry Jell-O with Pineapple</p> <p>VO-Soy Meat Sauce</p>	<p>15</p> <p>Biscuits & Gravy</p> <p>Hash Brown Patty</p> <p>Tomato Juice</p> <p>Mandarin Oranges</p> <p>Cinnamon Roll</p> <p>VO-Spinach/ Cheese Quiche</p>	<p>15</p> <p>Harvest Salad: beets, garbanzo beans, cucumber, red onion & feta on mixed greens</p> <p>Balsamic Vinaigrette Dressing</p> <p>Mandarin Oranges</p> <p>Cinnamon Roll</p>
<p>18</p> <p>Swiss Steak</p> <p>Rice</p> <p>Mixed Greens & Tomato Slices</p> <p>Italian Dressing</p> <p>Fruit Cup</p> <p>Oatmeal Cookie</p> <p>VO-Veggie Meatballs</p>	<p>19</p> <p>Chicken Macaroni Salad</p> <p>Four Bean Salad</p> <p>Orange</p> <p>Jell-O with Peaches</p> <p>VO-Pasta Salad with Cheese</p>	<p>20</p> <p>Cheeseburger, Lettuce & Tomato on Wheat Bun</p> <p>Baked Beans</p> <p>Banana</p> <p>Lemon Raspberry Cake</p> <p>VO-Egg Salad Sandwich</p>	<p>21</p> <p>**Italian Sausage with Peppers & Onions</p> <p>Carrots</p> <p>Mandarin Oranges</p> <p>Pineapple Cake</p> <p>VO-Vegetarian Wrap</p>	<p>22</p> <p>Breaded Fish</p> <p>Half Baked Potato</p> <p>Corn</p> <p>Multigrain Bread</p> <p>Pineapple Fluff</p> <p>VO-Veggie Cheese Sauce on Baked Potato</p>	<p>22</p> <p>Chicken Salad: Shredded lettuce, diced chicken, tomatoes, cucumber, corn, bacon & Ranch Dressing</p> <p>Multigrain Bread</p> <p>Pineapple Fluff</p>
<p>25</p> <p>**Au Gratin Potatoes & Ham</p> <p>Mixed Veggies</p> <p>Rye Bread</p> <p>Fruit Cup</p> <p>Ice Cream</p> <p>VO-Au Gratin with Soy Meat</p>	<p>26</p> <p>Beefy Mac & Cheese</p> <p>Carrots</p> <p>Apple</p> <p>Strawberry Shortcake</p> <p>VO-Mac-N-Cheese</p>	<p>27</p> <p>Chicken Cacciatore</p> <p>Pea Salad</p> <p>Wheat Bread</p> <p>Diced Peaches</p> <p>Sherbet</p> <p>VO-Soy Meat Sauce on Noodles</p>	<p>28</p> <p>**Meatloaf</p> <p>Mashed Potatoes</p> <p>Gravy</p> <p>Mixed Greens & Tomatoes</p> <p>French Dressing</p> <p>Wheat Bread</p> <p>Jell-O & Diced Pears</p> <p>VO-Veggie Patty</p>	<p>28</p> <p>Beef Burrito Bake</p> <p>Spanish Rice</p> <p>Corn</p> <p>Diced Pears</p> <p>Cookie Packet</p> <p>VO-Veggie Burrito Bake</p>	<p>25</p> <p>Tuna Salad: Tuna salad, tomato & cucumber on mixed greens</p> <p>Diced Pears</p> <p>Cookie Packet</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.

MONDAY, SEPTEMBER 4 OFFICE CLOSED NO MEALS SERVED

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.

Poetry with Fabu

Romnes Apartments

Tuesday, September 5 11:15 am

Fisher-Taft Apartments

Thursday, September 7 2:30 pm

Bingo

Southridge Apartments, 1914 Post Rd.

Tuesdays September 5 & 19 1:45—3:30 pm

Romnes Apartments 540 W. Olin Ave.

Wednesdays, September 7 & 21 1:00 pm

Free Yoga for All Abilities

Romnes Apartments Wednesdays, 3-4:30 pm

Call ahead: 515-8127. Newcomers are welcome!

Games & Dominoes

Romnes Dominoes Monday– Friday 12:30 pm

Cards Mondays, Thursdays & Fridays 1:00 pm