



**South Madison Coalition of the Elderly**

128 E. Olin Avenue Suite 110 251-8405

**SOUTHSIDE SENIOR**

JULY 2017 PAGE 4

**MENU**

Reserve/Cancel 251-8405

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	FRIDAY Salad Option **
3 **Barbecued Ribs Potato Salad Baked Beans Cornbread Watermelon Sweet Potato Pie VO-Black Bean Burger	4 OFFICE CLOSED NO MEALS SERVED	5 Chicken Cacciatore Pea Salad Wheat Bread Diced Peaches Frosted Cake VO-Black Bean Burger	6 **Meatloaf Mashed Potatoes Gravy Tossed Green Salad with Tomato Wheat Bread Pear Slices Brownie VO-Veggie Patty	7 Beef Burrito Bake Spanish Rice Corn Fresh Fruit Cookie Packet VO-Veggie Burrito Bake	7 Santa Fe Chicken Salad: Lettuce, seasoned chicken, black bean salsa, shredded cheese, tortilla strips; Ranch dressing
10 Baked Fish Baked Potato Half Coleslaw Whole Grain Bread Pineapple Apple Pie VO-Veggie Cheese Sauce on Potatoes	11 Sloppy Joe Broccoli Carrot Raisin Salad Fruit Cup Ice Cream VO-Veggie Sloppy Joe	12 Barbecued Chicken Baked Beans Marinated Cucumbers & Tomatoes Wheat Bread Orange Root Beer Float VO-Vegetarian Wrap	13 Stuffed Green Pepper Soup Half Sandwich-Cheese with Lettuce & Tomato on Rye Fresh Fruit Cookie VO-Vegetarian Soup	14 **Ham Slice Yams Mixed Greens Multigrain Bread Banana Pudding VO-Veggie Meatballs	14 Fruit & Veggie Plate: Cottage cheese, pineapple, fresh melon, cherry tomatoes cucumbers
17 Chicken Enchilada Casserole Black Beans & Rice Mandarin Oranges Peach Cobbler VO-Veggie Enchilada	18 Hamburger with Lettuce & Onion Corn Coleslaw Pineapple Blueberry Cobbler VO-Veggie Patty	19 Chili Cracker Packets Mixed Green Salad with Tomato Pear Slices Chocolate Pudding VO- Soy Meat Sauce	20 Chicken Broccoli Pasta Salad Celery & Carrots Sticks Dinner Roll Peach Slices Confetti Cake VO-Cheese Broccoli Pasta Salad	21 Barbecued Ribs Corn on the Cob Potato Salad Baked Beans Cornbread Melon Cubes Apple Pie VO-Veggie Burger	21 Caprese Salad: Mixed greens & spinach, basil-marinated tomatoes, fresh mozzarella, croutons; balsamic vinaigrette
24 Roast Turkey Gravy Garlic Mashed Potatoes Broccoli Wheat Bread Fresh Fruit Banana Cake VO-Cheese Tortellini	25 Bratwurst Barbecued Baked Beans Copper Penny Salad Chunky Applesauce Cookie VO-Veggie Dogs	26 Baked Mostaccioli Tossed Green Salad Bread Stick Orange Sherbet VO-Veggie Meatballs in Tomato Sauce with Mozzarella Cheese	27 Grilled Chicken, Lettuce & Tomato on Bun Green Beans Gold Fish Pretzels Fruit Cocktail Brownie VO-Black Bean Burger	28 Roast Beef Gravy Mashed Potatoes Roasted Corn Multigrain Bread Jell-O with peach slices Apple Crisp VO-Veggie Patty	28 7 layer Salad: Shredded lettuce, peas, celery, shredded cheese, onion, bacon, hard-cooked egg; Mayo in salad

31  
Chicken Macaroni Salad  
Four Bean Salad  
Wheat Roll  
Fresh Orange  
Lemon Dessert  
VO-Pasta Salad with Cheese



**NOTE: SALAD ALTERNATIVE HAS MOVED TO FRIDAY**

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.

\*\*contains pork

MEALS SERVED at:  
Fisher-Taft Apartments  
2025 Taft St.  
Romnes Apartments  
540 W. Olin Ave.  
Madison Senior Center  
330 W. Mifflin St.



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**LUNCH PROGRAM and  
NEIGHBORHOOD SENIOR  
CENTER ACTIVITIES**

## Senior Lunch Program

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. The menu includes a vegetarian entrée choice every day, and a main dish salad choice on Fridays. Try out these alternatives!

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. Other persons who attend the meals will be asked to pay the full cost of the meal; \$10.23.

**Meal reservations must be made by noon, at least one business day in advance. Call 608-251-8405. Please also call if you must cancel, even if it is close to lunch time.**

Take out meals are not available. Older adults who eat meals with others tend to stay healthier than seniors who eat alone. Take advantage of meal time to meet new people.

Transportation to the dining centers from your home is available through a Dane County 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.

### HOME DELIVERED MEALS

If you are home-bound—either due to short-term illness or long-term disability, call us at 608-251-8405 to discuss your options for home delivered meals. Suggested donation for home deliveries is \$4 per meal for adults age 60 and older. All residents who are under 60 will be asked to pay the full cost of the home delivered meal, which is \$10.23.

**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 in the afternoon. Questions? Call us at 251-8405.**

### Celebrate July 4 on July 3 with a Special Meal

**Our office and the dining centers will be closed on Tuesday, July 4.** Enjoy a special meal of Barbecued Ribs, Potato Salad, Baked Beans, Cornbread, Watermelon and Sweet Potato Pie on **Monday, July 3.**

### Foot Care for non-Diabetics at Romnes

Advance appointments needed; call 251-8405

**Thursday, July 27 1:00—3:00 pm \$20**

### Free Yoga for All Abilities

**Romnes Apartments Wednesdays, 3-4:30 pm**

**Call ahead: 515-8127. Newcomers are welcome!**

### Games & Wii

**Fisher-Taft Apartments Thursdays 1:30 pm**

### Harmonica Hour

Enjoy entertainment by DuWayne Keyes and Doug Barette, on **Wednesday, July 5 at:**

**Romnes Apartments, 540 W. Olin 11:45—12:45 pm**

**Fisher Taft Apartments, 2025 Taft St. 1:30—2:30 pm**

### Bingo

**Southridge Apartments, 1914 Post Rd.**

**Tuesdays July 11 & 18 1:30—3:30 pm**

**Romnes Apartments 540 W. Olin Ave.**

**Wednesday, July 5 2:00 pm**

**Wednesday, July 19 1:00 pm**

### Games & Dominoes

**Romnes Dominoes Monday– Friday 12:30 pm**

**Cards Mondays, Thursdays & Fridays 1:00 pm**