



South Madison Coalition of the Elderly

128 E. Olin Avenue Suite 110 251-8405

SOUTHSIDE SENIOR

DECEMBER 2017 PAGE 4

MENU

Reserve/Cancel 251-8405

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	FRIDAY Salad Option **
MEALS SERVED at: Romnes Apartments 540 W. Olin Ave.	Fisher-Taft Apartments 2025 Taft St. Madison Senior Center 330 W. Mifflin St.	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  	1 Homemade Chili Corn Salad Cornbread Lime Jell-O with Fruit Cocktail Cookie VO-Red Beans & Rice	1 Santa Fe Chicken Salad; seasoned chicken, black bean salsa & tortilla strips on greens Ranch Dressing Cornbread Jell-O with Fruit Cookie
4 Cheeseburger with Lettuce, Tomato & Ketchup Calico Beans Carrots Apple Juice Cup Pineapple Fluff VO-Veggie Burger	5 **Italian Sausage with Peppers & Onions Stewed Tomatoes Seasoned Roasted Potatoes Wheat Bread Apricots Peanut Butter Cookie VO-Hummus Wrap	6 **Meatloaf Garlic Mashed Potatoes Broccoli Wheat Bread Pineapple Chocolate Cake VO- Veggie Meatballs	7 Open-face Chicken & Gravy Sandwich Mixed Veggies Apple Sauce Strawberry Jell-O with Pears VO-Veggie Wrap	8 Spaghetti & Meat Sauce Fresh Mixed Greens & French Dressing Bread Stick Diced Peaches Vanilla Pudding VO-Soy Marinara Sauce	8 Taco Salad: beef, lettuce, green onion, tomatoes, cheese, salsa, black olives, sour cream, tortilla strips Bread Stick Diced Peaches Vanilla Pudding
11 Chicken a La King Brown Rice Corn Pickled Beets Mandarin Orange Cookie VO-Soy a la King	12 Green Pepper Soup Kidney Bean Salad Wheat Bread Banana Chocolate Pudding VO-Tomato Cheese Sandwich	13 **Meatballs in Gravy Roasted Potatoes Fresh Mixed Greens & French Dressing Multigrain Bread /Fruit Cup Carrot Cake VO- Veggie Meatballs in Gravy	14 Baked Mostaccioli Spinach Bread Stick Diced Peaches Oatmeal Cookie VO-Veggie Mostaccioli	15 **Buffet Ham Au Gratin Potatoes Baby Carrots Dinner Roll Chunky Apple-sauce Christmas Cookie VO-Au Gratin Potatoes with Soy	15 Harvest Salad: beets, garbanzo beans, cucumber, red onion, feta & croutons on mixed greens; Balsamic Vinaigrette Dinner Roll Applesauce Christmas Cookie
18 Roast Turkey Gravy Staffing with Cranberries Fresh Greens & Ranch Dressing Banana Pumpkin Bar VO-Black Bean Burger	19 **Ham Slice Yams Spinach Wheat Bread Sliced Spiced Pears Brownie VO-Quiche	20 Hearty Bean Soup Fresh Mixed Greens Creamy French Dressing Wheat Dinner Roll Apple Ice Cream Cup	21 **Meatballs in Marinara Sauce on Penne Noodles Roasted Brussels Sprouts Diced Peaches Pineapple Upside Down Cake VO-Veggie Meatballs in Marinara	22 CLOSED	22 CLOSED
25 CLOSED	26 Potato -crusted Fish Baked Potato Half Sugar Snap Peas Dinner Roll Pineapple Confetti Cake VO-Veggie Wrap	27 Beef Stew Green Beans Dinner Roll Applesauce Chocolate Cake VO-Veggie Cheese Sauce on Baked Potato	28 Hungarian Goulash with Macaroni Roasted Garlic Lemon Broccoli Kidney Bean Salad Diced Peaches Pound Cake VO-Soy Goulash	29 CLOSED	29 CLOSED



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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 December 5 & 19 2:00—3:30 pm

Romnes Apartments 540 W. Olin Ave.

Wednesday, December 6 1:00 pm

Games & Dominoes at Romnes

Dominoes Monday– Friday 12:30 pm

Cards Mondays, Thursdays & Fridays 1:00 pm

Bingo & Games at Fisher-Taft

Thursdays, December 14 & 28 2:00 pm

Holiday in the Tropics

Tuesday, December 12

Enjoy holiday music with a tropical flavor as the popular Bahama Bob performs on steel drums at, Romnes Apartments, 540 W. Olin 11:45—12:45 pm
Fisher Taft Apartments, 2025 Taft St. 1:30—2:30 pm