

Ozaukee County Senior Dining




ADRC COMMUNITY CAFE'S MONTHLY MENU

SEPTEMBER 2019



♥ = Low Sugar Dessert

All meals served with 1% milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
 Labor Day 2	TURKEY A LA KING SEASONED RICE BRUSSELS SPROUTS DILLED CARROT COINS PINEAPPLE JUICE CHOC. CHIP COOKIE ♥ FRESH ORANGE 3	CHILLED ROAST BEEF & CHEDDAR W/ONION ROLL ICEBERG SALAD W/TOMATOES & DRESSING WATERMELON SUN CHIPS RICE KRISPIES TREAT ♥ FRESH FRUIT 4	NFL KICKOFF TAILGATE PACKWURST ON A BUN W/PACKERKRAUT & KET. BEARS BAKED BEANS PACKERS POTATO SALAD WINDY WALDORF SALAD BEARS FROSTED BROWNIE ♥ FRUITED YOGURT 5	BEEF STROGANOFF EGG NOODLES W/GRAVY DICED BEETS ROMAINE SALAD W/ ITALIAN DRESSING SOURDOUGH BREAD W/BUTTER FRESH PEAR 6	
SWEDISH MEATBALLS MASHED POTATOES AND GRAVY 5-WAY MIXED VEG MANDARIN ORANGES CHERRY PIE ♥ FRESH APPLE 9	SWISS STEAK MASHED POTATOES W/GRAVY PEAS & CARROTS WHOLE GRAIN BREAD W/BUTTER FRUITED YOGURT 10	PEACHY PORK ROAST CHEESY POTATOES MAUI VEGETABLE BLEND PINEAPPLE CHUNKS DESSERT BAR ♥ FRESH FRUIT 11	CHEESEBURGER ON WHEAT BUN, LETTUCE, TOM, ONION, KETCHUP, MUSTARD GREEN BEANS BAKED LAYS CHIPS FRESH APPLE CHOCOLATE CHIP COOKIE ♥ SUGAR FREE JELLO 12	 Staff Training 13	
PORK CHOP SUEY SOY SAUCE PACKET BROWN RICE ORIENTAL BLEND VEG COOK'S CHOICE FRUIT SNICKERDOODLE COOKIE ♥ ORANGE 16	ROAST BEEF BAKED POTATO W/BUTTER & SOUR CREAM GREEN BEAN CASSEROLE PICKLED BEET & ONION SALAD FRESH FRUIT SALAD 17	ST. LOUIS STYLE BBQ BONELESS RIBS MASHED SWEET POTATOES KEY LARGO VEGETABLES APPLE CRISP ♥ FRESH APPLE 18	OPEN-FACED HOT TURKEY AND GRAVY OVER BREAD MASHED POTATOES AND GRAVY PEAS AND CARROTS FRUIT COCKTAIL FROSTED YELLOW CAKE ♥ FRESH FRUIT 19	BRAT ON SAUSAGE ROLL KETCHUP/MUSTARD BAKED BEANS BROCCOLI SALAD CANTALOUPE ICE CREAM CUP ♥ SUGAR FREE ICE CREAM 20	
Fall Begins  BAKED HAM SCALLOPED POTATOES 5-WAY MIXED VEGETABLE PINEAPPLE TIDBITS ZUCCHINI MUFFIN ♥ FRESH PLUM 23	GARLIC AND HERB GRILLED CHICKEN BREAST ROASTED RED POTATOES SPINACH SALAD WITH DRESSING MULTIGRAIN BREAD W/BUTTER FRESH PEAR 24	BEEF ROULANDEN MASHED POT W/GRAVY SWEET AND SOUR RED CABBAGE APPLESAUCE BLACK RYE BREAD W/BUTTER GERMAN CHOC CAKE 25	OVEN ROASTED CHICKEN ON THE BONE BROWN RICE WITH GARLIC HERB SAUCE GREEN BEAN CASSEROLE WATERMELON 26	MEATLOAF W/GRAVY GARLIC MASHED & GRAVY DILL CRINKLE CUT CARROTS 7 GRAIN BREAD W/BUTTER MIXED FRUIT CUP BANANA CAKE W/CREAM CHEESE ICING ♥ BANANA 27	
CREAMY MUSHROOM CHICKEN BREAST BABY RED W/BUTTER WINTER BLEND VEG CANTALOUPE CHOCOLATE MOUSSE ♥ DIET PUDDING 30	Spontaneity is what being a grandparent is all about. It's when you enter your grandchild's world and let him take you with him. Whatever transpires is Magic.			Grandparents Day ~ Sunday, September 8 Can you find the (i) to Win a free lunch/1 winner only	



Lunch is served at Noon* Menu is subject to change

Aging and Disability: (262) 284-8120