



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

**FEBRUARY 2012 PAGE 4**  
**DINING CENTER**  
**MENU**

MONDAY	TUESDAY	WEDNESDAY	WEDNESDAY Salad Option **	THURSDAY	FRIDAY
		1 Breaded Fish AuGratin Potatoes Peas Wheat Bread Banana Cake VO-AuGratin & Soy	1 Italian Salad: mixed greens, pepperoni, moz- zarella , tomato, onion, pitted green olives, Ital- ian dressing	2 Spaghetti & Meatballs Green Beans Garlic Bread Pineapple VO-Tomato Sauce & Soy	3 Beef Stew Biscuit Yellow Beans Fruit Cocktail Cookie VO-Stew & Soy
6 Sliced Turkey Ham Pineapple Sauce Cheesy Hash Browns Beets Wheat Roll Chunky Applesauce VO-Cheesy Hash Browns & Soy	7 Broccoli Cheese Soup Crackers Chicken Salad on Wheat Bread Pear Slices VO-Cheese Sand- wich	8 Vegetable Lasagna Bread Stick Cranberry Juice Brownie	8 Chef Salad: ham, shredded lettuce, turkey, cheese, egg slices, vegeta- bles, choice of dressing	9 Baked Chicken Mashed Potatoes Gravy Squash Multigrain Bread Fruit Cup VO-Soy Loaf	10 Swiss Burger Macaroni Salad Carrots Applesauce Jell-O Valentine Cookie VO Soy Patty
13 Roast Turkey Mashed Sweet Potatoes Mixed Vegetables Wheat Bread Apricots VO-Yogurt	14 Pepper Steak & Onions Rice Snap Peas Multigrain Bread Peach Slices VO- Soy Strips, onions & peppers	15 Macaroni Chili Chuck Wagon Corn Corn Bread Fruit Cocktail Strawberry Ice Cream VO-Veggie Chili	15 Crunchy Chicken Salad: diced chicken, celery, water chestnuts, pimentos, pickle relish, pecans, mayo dressing	16 Lasagna Broccoli Garlic Bread Mandarin Oranges Pie VO-Veggie Lasagna	17 Meatloaf Gravy Mashed Potatoes Spinach Wheat Bread Banana VO: Veggie Loaf
20 Cream of Potato Soup Crackers Ham & Cheese on Rye Orange Juice Cookie VO-Cheese on Rye	21 Roast Beef Gravy Roasted Potatoes Roasted Vegetables Multigrain Bread Pineapple VO: Veggie Patty	22 Cheesy Baked Fish Scalloped Potatoes California Vegetables Wheat Roll Peach Half VO-Scalloped Potatoes & Soy	22 Taco Salad: lettuce, beef <i>or</i> chicken, onions, cheese, tomatoes, salsa, sour cream, tostada chips or bowl	23 Beef Stew Biscuit Green Beans Orange Cookie VO-Stew with Soy	24 Pork Cutlet Gravy Baked Potato Sour Cream Peas & Onions Rye Bread Jell-O & Pear VO: Broccoli Cheese Sauce
27 Hamburger German Potato Salad Corn Banana Cookie VO-Veggie Chili	28 Salisbury Steak Gravy Mashed Potatoes Broccoli Wheat Bread Pineapple VO-Veggie Patty	29 Cranberry-glazed Chicken Roasted Potatoes Vegetable Medley Apple Juice Pumpkin Bar VO-Cottage Cheese	29 California Cobb Salad: Mixed greens, chicken, blue cheese, avo- cado, tomato, green onion, bal- samic vinaigrette		



Brittingham Apartments  
 755 Braxton Place  
 251-4525

Madison Senior Center  
 330 W. Mifflin St.  
 266-6416

Romnes Apartments  
 540 W. Olin Ave.  
 251-8405

Quaker Housing  
 2025 Taft St.  
 251-8405





### Senior Lunch Program 2012 Update

If you are age 60 or older, we welcome you to attend lunch at any of our dining centers. Note that the menu includes a vegetarian entrée choice every day, and a main dish salad choice on Wednesdays. We invite you to try out these alternatives! Just let us know by noon the day before that you would like the veggie option or salad for a particular day.

All meal reservations and cancelations must be made 24 hours in advance. Call the dining center you plan to attend, or the coalition office at 251-8405. See the bottom of the menu on page 4 of this newsletter for dining locations and phone numbers..

You will not be charged for the meals, but it is important that you contribute what you can, in order to keep the program going. *The actual cost to Dane County for these meals in the coming year will be \$6.15. Suggested donation is \$3 a meal.* You can make your donation anonymously at the dining center.

Transportation to the dining centers from your home is also available-for \$1 round trip. Rides must be reserved at least 24 hours in advance; call Transit Solutions at 294-8747.

Each month, you can enjoy special meal-time activities at each of our dining centers. Below are the activities for this month.

#### **For Heart Health, Watch Your Sodium!**

The amount of sodium you consume may be having a real impact on your health and sense of well-being. Consuming too much puts a strain on the heart!! Join your Nutrition Educator from UW Extension to hear about new dietary guidelines for sodium intake, and find out how to choose foods lower in sodium.

<b>Brittingham</b>	<b>February 8</b>	<b>11:00 a.m.</b>
<b>Quaker</b>	<b>February 14</b>	<b>11:00 a.m.</b>
<b>Romnes</b>	<b>February 15</b>	<b>11:00 a.m.</b>
<b>Senior Center</b>	<b>February 21</b>	<b>11:00 a.m.</b>

#### **Mardi Gras Parties**

Celebrate Fat Tuesday on **Tuesday, February 21**. Join us for festivities at **Quaker Housing from 1:00-2:00pm** or at **Romnes Apartments between 2:30 and 3:30p.m.** Come in your Mardi Gras finery, if you like. We will provide the colorful atmosphere, the traditional beads, and a performance of jazz, blues, and gospel music by talented local guitarist, singer, and Quaker resident, Eddie Quinn.

#### **Groundhog Day**

**Tuesday, February 2**—Will it be sunshine or shadow? Whatever the weather, it's a day to get together and do some fun weather-related activities and puzzles.

#### **Valentine's Day**

**Tuesday, February 14**—Treat yourself to a sweetheart of a day! We will provide romantic music, decorations, Valentine's favors, and sweet treats.

#### **Leap Year Fun**

**Wednesday, February 29** is Leap Year Day. Have some fun celebrating this *extra* day as you enjoy an *extra* delicious meal of Cranberry Chicken, Roasted Potatoes, and Pumpkin Bars !!

#### **Another Foot Care Clinic?**

South Madison Coalition of the Elderly currently hosts an afternoon foot care clinic every other month at Romnes Apartments, with the care conducted by Home Health United. The coalition is considering adding a second clinic on alternate months, which would be held in the morning. This clinic might be available for diabetics as well. *Help us decide if there is sufficient demand for this service—call us at 251-8405 if you are interested in participating.*