



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

SEPTEMBER 2010 PAGE 4
DINING CENTER
MENU

MONDAY	TUESDAY	WEDNESDAY	WEDNESDAY Salad Option **	THURSDAY	FRIDAY
		1	1	2	3
If you wish to try a salad on Wednesday, please let the kitchen manager know on the Tuesday before. Your meal will also include the bread and dessert on the menu for that day; or the fruit if no dessert is to be served.		Sloppy Joe Potato Salad Steamed Baby Carrots Pears Cake	Taco Salad: shredded lettuce, seasoned taco meat, shredded cheddar cheese, tomato, onion, salsa, sour cream	Roast Turkey Gravy Stuffing French Style Green Beans Bread Orange Juice	Chicken Salad & Lettuce on Wheat Bun Marinated Tomatoes Pineapple Cherry Crisp
6	7	8	8	9	10
Labor Day No Meals Served	Italian Chicken Patty on Bun Barbeque Sauce Corn Fresh Fruit Pudding	Ham Loaf Mustard Sauce Sweet Potato Broccoli Rye Bread Banana Cake	Tropical Chicken Salad: mixed lettuce, roasted chicken, red onion, pineapple, bell pepper, Italian dressing	Spaghetti & Meatballs Tossed Salad Garlic Bread Peaches	Hot Dog Baked Beans Creamy Coleslaw Orange Ice Cream Treat
13	14	15	15	16	17
Orange Juice Ham & Cheese Omelet Hash Brown Patties Fresh Fruit Mix Cinnamon Roll	Roast Beef Mashed Potatoes Roasted Vegetables Applesauce Bread Cookie	Shrimp Pasta Salad Cucumbers & Onions Light Rye Bread Fruit Cup	Garden Salad: mixed greens, ham, egg, Cheddar cheese, seasonal vegetables, Ranch dressing	Beef Tips over Noodles Green Beans Orange Bread Bar	Tomato Barley Soup Egg Salad & Lettuce on Wheat Bun Strawberry Shortcake
20	21	22	22	23	24
Roast Pork Gravy Rice Pilaf Harvard Beets Pumpnickel Bread Fruit Cup	Pizza Casserole California Vegetables Mandarin Oranges Bread Ice Cream Treat	Sloppy Joe Baked Beans Creamy Coleslaw Apple Oatmeal Cookie	Cobb Salad: mixed greens, chicken breast, bleu cheese, avocado, tomato, green onion, balsamic vinaigrette	Tuna Macaroni Salad German Cucumbers Rye Bread Orange Juice Pudding	Meatloaf Gravy Mashed Potatoes Tossed Salad Bread Applesauce
27	28	29	29	30	
AuGratin Potatoes & Diced Ham Yellow Beans Bread Pineapple Cookie	Chicken Parmesan Spaghetti Creamy Coleslaw Garlic Bread Banana	Pork Cutlet in Gravy Mashed Potatoes Broccoli Bread Pears Lemon Dessert	Spinach Salad: spinach, nuts, mozzarella cheese, strawberries, kiwi or apple, onion, raspberry vinaigrette	Baked Fish Tartar Sauce Hash Brown Casserole Carrots Wheat Roll Fresh Fruit	



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.
 310-6956





Senior Lunch Program

Monday–Friday 11:30 a.m.

Individuals age 60 and older are not charged for meals but are encouraged to contribute what they can. The suggested donation is \$3 a meal.

NO MEALS SERVED
MONDAY, SEPTEMBER 6

It's Food Safety Month!

Test your knowledge with our food safety true/false game.

- Quaker Sept. 14 11:30 a.m.
- Sr. Center Sept. 21 11:00 a.m.
- Romnes Sept. 22 11:15 a.m.
- Brittingham Sept. 28 11:30 a.m.

Back-To-School A Time for Reminiscing Tuesday, September 7

Bring a photo of yourself from school days, share some September memories with your tablemates, and stimulate your mind with memory games.

Grandparent's Day "Breakfast at Lunch"

Monday, September 13

Enjoy this favorite lunch of both school children and their grandparents. The menu includes omelets, hash-brown patties, orange juice, fresh fruit, and cinnamon rolls.

Apple Tasting

Thursday, September 23

Cooler days mean apples are ripening. Today's focus is on all things "apple." Taste a variety of apples, and remember: an apple a day is just plain good!!

Neighborhood Senior Center Program

The Neighborhood Senior Center's activities give older adults opportunities for socializing, health promotion, and education. Below are some highlights for events at the Romnes Apartments, 540 W. Olin Avenue, and Quaker Housing, 2025 Taft Street. Call 251-8405 for details or to request a complete monthly activity calendar.

Slapstick and Silliness

Doc the Rube's famous clown entertainment features balloon tricks, silliness, games, and lots of laughs. His juggling will amaze you while his slapstick jokes will keep you chuckling. Doc is one amazing clown, and he'll give away gifts to some of the audience members. Join him in a game of balloon volleyball, bean bag, or a watermelon toss. All this happens at **Quaker on Wednesday, September 15, and Romnes on September 28. Festivities begin at 1 p.m.**

Quilt Expo Trip

View hundreds of colorful and beautifully detailed quilting treasures at the Wisconsin Quilt Expo, presented by Wisconsin Public Television and Nancy Zieman of the "Sewing with Nancy" show. Many huge double quilts will be hung for easy viewing in this juried show, which will also feature teaching seminars. Check the wiquiltexpo.com site for more information. The trip takes place **September 17, from 10 a.m. to 1 p.m.** Call Transit Solutions at 294-8747 to schedule a ride; the cost is \$2.00. Expo admission is \$8 at the door or \$7 in advance; go to wiquiltexpo.com.

Edgewood College Nursing Class

Romnes and Quaker will once again be the sites of nursing classes presented by Edgewood College. The site's residents and the nursing students will have opportunities to learn from each other during the semester. The students will interview residents and present health and wellness programs through December. If you would like to be interviewed or hear more about the program call the Coalition office at 251-8405.

Woman's Health Cervical Cancer

This presentation, from the Well Woman Program, will explain some of the important issues about cervical cancer and what a woman can do to prevent it. There is good news about the cure rate that is worth knowing more about. Time will be set aside for answering questions. This informative program will be held on **September 14, at 12:15 p.m., at Romnes Apartments.**