



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

SOUTHSIDE SENIOR

OCTOBER 2018 PAGE 4

MENU

Reserve/Cancel 251-8405

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	FRIDAY Salad Option	
<p>1</p> <p>Italian Sausage on Wheat Bun Roasted Potatoes Stewed Tomatoes Orange Strawberry Ice Cream <i>Alternate Dessert: SF Ice Cream</i> VO-Veggie Meatballs</p>	<p>2</p> <p>Chili Baked Potato & Sour Cream Cornbread Banana Rice Pudding <i>Alternate Dessert: SF Pudding</i> VO-Veggie Chili</p>	<p>3</p> <p>Taco Seasoned Chicken Tortilla Refried Beans Fiesta Corn Tropical Fruit Frosted White Cake <i>Alternate Dessert: SF Cookie</i> VO- Veggie Taco</p>	<p>4</p> <p>Pulled Pork on Wheat Bun Creamy Coleslaw Carrot Raisin Salad Grape Juice Vanilla Pudding <i>Alternate Dessert: SF Pudding</i> VO-Black Bean Burger</p>	<p>5</p> <p>Brat with Sauer-kraut on Bun Stewed Tomatoes Banana Carmel Apple Crisp <i>Alternate Dessert: SF Cookie</i> VO-Cheese & Tomato Sandwich</p>	<p>5</p> <p>Santa Fe Salad: mixed greens topped with seasoned shredded pork, black bean salsa & tortilla chips; Ranch dressing Banana Carmel Apple Crisp</p>	
<p>8</p> <p>Beef Pot Pie with Biscuit Topping Creamed Spinach Apple Juice Chocolate Frosted White Cake <i>Alternate Dessert: Pineapple</i> VO-Veggie Pot Pie</p>	<p>9</p> <p>Chicken & Gravy on White Bread Mashed Potatoes Green Beans Orange Carnival Cookie <i>Alternate Dessert: SF Cookie Packet</i> VO-Soy & Gravy</p>	<p>10</p> <p>Fish Sandwich & Cheese Slice on Wheat Bun Yams Coleslaw Fruit Cup Strawberry Jell-O <i>Alternate Dessert: SF Jell-O</i> VO- Garden Burger</p>	<p>11</p> <p>Pasta & Meatballs with Marinara Sauce Carrots Mixed Green Salad Balsamic Vinaigrette Banana Ambrosia Salad <i>Alternate Dessert: Mandarin Oranges</i> VO-Veggie Meatballs in Marinara</p>	<p>12</p> <p>Chicken Salad Mini Croissant Broccoli Salad Pickled Beets Peaches Cheesecake Brownie <i>Alternate Dessert: SF Chocolate Pudding</i> VO-Egg Salad</p>	<p>12</p> <p>Seven Layer Salad: Shredded lettuce topped with peas, celery, onion, mayo, shredded cheese, bacon and hard cooked egg. Mini Croissant Peaches Cheesecake Brownie</p>	
<p>15</p> <p>Cheeseburger on Wheat Calico Beans Potato Salad Fruit Cocktail Pineapple Fluff <i>Alternate Dessert: SF Jell-O</i> VO-Black Bean Burger</p>	<p>16</p> <p>Egg Salad on Wheat Pickled Beets 3 Bean Salad Grape Juice Dreamsicle Whip <i>Alternate Dessert: SF Orange</i> VO-None</p>	<p>17</p> <p>Beef Stew Biscuit Green Beans Chunky Applesauce Chocolate Chip Banana Cake <i>Alternate Dessert: SF Cookie</i> VO-Veggie Wrap</p>	<p>18</p> <p>Chicken Macaroni Casserole Peas Tomato Juice Pineapple Butterscotch Pudding <i>Alternate Dessert: SF Pudding</i> VO Macaroni & Cheese</p>	<p>19</p> <p>Barbecued Ribs Cheesy Potatoes Roasted Veggies French Roll Apple Pie & Ice Cream <i>Alternate Dessert: SF Ice Cream</i> VO- Veggie BBQ Meatballs</p>	<p>19</p> <p>Harvest Salad: mixed greens topped with beets, garbanzo beans, cucumber, red onion, & feta cheese; balsamic vinaigrette. French Roll Apple Pie & Ice Cream</p>	
<p>22</p> <p>Cheese Tortellini Bake in Meat Sauce Bread Stick Spinach Mandarin Oranges Blueberry Crisp <i>Alternate Dessert: SF Cookie</i> VO Veggie Tortellini Bake</p>	<p>23</p> <p>Pot Roast & Gravy Mashed Potatoes Mixed Green Salad Wheat Bread Orange Tapioca Pudding <i>Alternate Dessert: SF Pudding</i> VO Hummus Wrap</p>	<p>24</p> <p>Chicken a la King On Biscuit Carrots Corn Salad Peaches Raspberry Sherbet <i>Alternate Dessert: SF Ice Cream</i> VO Soy a la King</p>	<p>25</p> <p>Meatloaf Mashed Potatoes Gravy Corn White Bread Apple Juice Frosted White Cake <i>Alternate Dessert: SF Jell-O</i> VO Black Bean Burger</p>	<p>26</p> <p>Egg Bake Roasted Red Potatoes Biscuit Grape Juice Spiced Apples <i>Alternate Dessert: none</i> VO none</p>	<p>26</p> <p>Chicken Confetti Salad: shredded lettuce topped with diced chicken, tomatoes, cucumber, corn and bacon; Ranch dressing Biscuit Grape Juice Spiced Apples</p>	
<p>29</p> <p>Pizza Burger Navy Bean Salad Marinated Cucumbers Banana Chocolate Chip Cookie <i>Alternate Dessert: SF Cookie Packet</i> VO-Garden Burger</p>	<p>30</p> <p>Ham & Potato Casserole Veggie Blend Multigrain Bread Fruit Cup Chocolate Cream Pie <i>Alternate Dessert: SF Pudding</i> VO-Soy & Potato Casserole</p>	<p>31</p> <p>Enchilada Casserole Sour Cream Corn Tossed Salad French Dressing Strawberry Cheese-cake Brownies <i>Alternate Dessert: SF Jell-O</i> VO-Bean Burrito</p>	<p>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</p>			<p>Fisher-Taft Apartments 2025 Taft St. Madison Senior Center 330 W. Mifflin St. Romnes Apartments 540 W. Olin Ave.</p>



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LUNCH PROGRAM and
NEIGHBORHOOD SENIOR
CENTER ACTIVITIES

Senior Lunch Program 608-251-8405

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; \$9.73.

RESERVATIONS are needed by 12:00 noon, at least one business day before the meal.

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, one business day before the meal

TRANSPORTATION to 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 Every day, the menu includes a *vegetarian* entrée choice and an "alternate dessert." You are welcome to choose these for some or all of your meals. You can also choose a *salad main dish* on Fridays. If you need 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. Note that meals are planned to average 1000 mg or less of sodium.

SPECIAL DIETS Mechanical Soft, Pureed or Bland Diets can be provided with a Doctor's order. If you have trouble swallowing or have had dental work done, a Mechanical Soft meal will substitute ground meats and soft versions of other menu items. For more details on Special diets, call the Nutrition Program Supervisor at 251-8405.

TAKE OUT MEALS are not available.

HOME-DELIVERED MEALS are available in some cases. If you are recovering from a hospital stay, or have an illness that prevents you from attending lunch in the dining room, please call the Program Supervisor at 251-8405 to request home delivery.

FREE Foot Care, Blood Sugar Readings, & Blood Pressure with Edgewood RN Students

Advanced nursing students will provide these services and answer your questions about medical care and medications on Tuesday, October 16 at:

Romnes Apartments 10:00—11:00 am

Fisher-Taft Apartments 12:30—1:15 pm

Burr Oaks Apartments 2:30—3:15 pm

Southridge Apartments 4:30—5:15 pm

Please call 251-8405 to reserve your place.

Greet Autumn with Michael Gruber

Wednesday, October 10 at:

Romnes Apartments 11:45—12:45 pm

Fisher Taft Apartments, 1:30—2:30 pm

Join Michael for some of your favorites and his original tunes for vocals and acoustic guitar.

Poetry with FABU

Romnes Apartments

Tuesday, October 2 11:30 am

Fisher Taft Apartments

Thursday, October 4 2:45 pm