



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

# **SOUTHSIDE SENIOR**

**MARCH 2018 PAGE 4**

# **MENU**

**Reserve/Cancel 251-8405**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	FRIDAY Salad Option
<p><b>SERVED at:</b></p> <p>Romnes Apartments 540 W. Olin Ave.</p> <p>Fisher-Taft Apartments 2025 Taft St.</p>					
	<p>Madison Senior Center 330 W. Mifflin St.</p>  	<p><b>**contains pork</b></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.</p>	<p><b>1</b></p> <p><b>**Meatballs in Marinara on Wheat Pasta</b> Roasted Brussels Sprouts Diced Peaches Pineapple Upside Down Cake</p> <p><i>Alternate Dessert:</i> <b>SF Jell-O</b> <b>VO-Veggie Meatballs</b></p>	<p><b>2</b></p> <p><b>**Roast Pork Loin</b> Mashed Potatoes Baked Cabbage with Apples Wheat Bread Mandarin Oranges Banana Bar</p> <p><i>Alternate Dessert:</i> <b>Apple</b> <b>VO-Black Bean Burger</b></p>	<p><b>2</b></p> <p><b>Chicken Salad:</b> Cranberry pecan chicken salad, tomatoes, cucumbers, &amp; croutons on shredded lettuce with Balsamic vinaigrette</p> <p>Mandarin Oranges Banana Bar</p>
<p><b>5</b></p> <p>Potato-crusted Fish Half Baked Potato Sugar Snap Peas Pineapple Dinner Roll Frosted Cake</p> <p><i>Alternate Dessert:</i> <b>SF Ice Cream</b> <b>VO-Veggie Burger</b></p>	<p><b>6</b></p> <p><b>**Ham Slice</b> Yams Spinach Sliced Spiced Pears Wheat Bread Brownie</p> <p><i>Alternate Dessert:</i> <b>Diced Peaches</b> <b>VO-Veggie Wrap</b></p>	<p><b>7</b></p> <p>Hearty Bean Soup Mixed Greens Creamy French Dressing Wheat Roll Apple Ice Cream Cup</p> <p><i>Alternate Dessert:</i> <b>SF Cookie Packet</b></p>	<p><b>8</b></p> <p>Homemade Beef Stew Green Beans Dinner Roll Apple Sauce Frosted Marble Cake</p> <p><i>Alternate Dessert:</i> <b>Fruit Cup</b> <b>VO-Soy Beef Stew</b></p>	<p><b>9</b></p> <p>Chicken Cordon Bleu Half Baked Potato Green Bean Casserole Roll Fruit Cup Pistachio Pudding</p> <p><i>Alternate Dessert:</i> <b>SF Pudding</b> <b>VO-Hummus Wrap</b></p>	<p><b>9</b></p> <p><b>Chef's Salad:</b> mixed greens, deli ham, deli turkey, Swiss cheese, green pepper, tomato, hard-boiled egg, Ranch dressing</p> <p>Fruit Cup Dinner Roll Pistachio Pudding</p>
<p><b>12</b></p> <p>Hungarian Goulash with Macaroni Garlic Lemon Broccoli Kidney Bean Salad Diced Peaches Pound Cake</p> <p><i>Alternate Dessert:</i> <b>SF Fresh Orange</b> <b>VO-Garden Burger</b></p>	<p><b>13</b></p> <p>Vegetable Barley Soup 1/2 Tuna Salad Sandwich on Wheat Banana Carrot Slaw Cookie</p> <p><i>Alternate Dessert:</i> <b>SF Cookie Pack</b> <b>VO-Cheese &amp; Tomato Sandwich</b></p>	<p><b>14</b></p> <p>Roasted Chicken Breast Half Sweet Potato Peas Multigrain Bread Pumpkin Pie</p> <p><i>Alternate Dessert:</i> <b>Pineapple</b> <b>VO- Egg Salad Sandwich</b></p>	<p><b>15</b></p> <p><b>**Pizza Casserole</b> Mixed Greens Italian Dressing Peaches Wheat Roll Brownie</p> <p><i>Alternate Dessert:</i> <b>SF Jell-O</b> <b>VO-Veggie Pizza Casserole</b></p>	<p><b>16</b></p> <p>Corned Beef Cabbage, Carrot, Potato Medley Watergate Salad Rye Bread Grasshopper Pie</p> <p><i>Alternate Dessert:</i> <b>SF Fresh Apple</b> <b>VO-Veggie Meatballs</b></p>	<p><b>16</b></p> <p><b>Hummus Plate:</b> Hummus served with pita bread, cucumber slices, tomatoes, celery sticks, green pepper slices</p> <p>Watergate Salad Grasshopper Pie</p>
<p><b>19</b></p> <p>Lemon-baked Fish Half Baked Potato Peas Wheat Roll Apricot Tapioca Pudding Cup</p> <p><i>Alternate Dessert:</i> <b>SF ice Cream</b> <b>VO-Black Bean Burger</b></p>	<p><b>20</b></p> <p>Chicken Parmesan Casserole Mixed Greens Ranch Dressing Wheat Roll Cherry Cobbler</p> <p><i>Alternate Dessert:</i> <b>Diced Peaches</b> <b>VO-Baked Potato &amp; Veggie Cheese Sauce</b></p>	<p><b>21</b></p> <p><b>**Sausage Gravy on Biscuit</b> Roasted Potatoes Orange Juice Cup Spiced Pears Cinnamon Roll</p> <p><i>Alternate Dessert:</i> <b>SF Cookie Packet</b> <b>VO-Quiche</b></p>	<p><b>22</b></p> <p>Chicken Enchilada Casserole Fiesta Black Beans Mandarin Oranges Banana Chocolate Chip Cookie</p> <p><i>Alternate Dessert:</i> <b>SF Fruit Cup</b> <b>VO-Veggie Enchiladas</b></p>	<p><b>23</b></p> <p>Homemade Chili Corn Salad Corn Bread Lime Jell-O with Fruit Cocktail M&amp;M Cookie</p> <p><i>Alternate Dessert:</i> <b>SF Pudding</b> <b>VO-Soy Chili</b></p>	<p><b>23</b></p> <p><b>Pork Taco Salad:</b> seasoned shredded pork, diced tomatoes, cheese, salsa, black olives, sour cream &amp; tortilla strips on shredded lettuce</p> <p>Lime Jell-O with Fruit Cocktail M&amp;M Cookie</p>
<p><b>26</b></p> <p>Cheeseburger on Wheat Bun with Lettuce &amp; Tomato Calico Beans Carrots Apple Juice Cup Pineapple Fluff</p> <p><i>Alternate Dessert:</i> <b>Fresh Orange</b> <b>VO Garden Burger</b></p>	<p><b>27</b></p> <p><b>**Italian Sausage with Peppers &amp; Onions</b> Stewed Tomatoes Seasoned Roasted Potatoes Wheat Bread Orange Chocolate Cake with Powdered Sugar</p> <p><i>Alternate Dessert:</i> <b>SF Cookie Packet</b> <b>VO-Hummus Wrap</b></p>	<p><b>28</b></p> <p>Open-Face Chicken &amp; Gravy Sandwich Mixed Vegetables Apple Sauce Strawberry Jell-O with Pears</p> <p><i>Alternate Dessert:</i> <b>Pineapple</b> <b>VO-Veggie Meatballs &amp; Gravy</b></p>	<p><b>29</b></p> <p><b>**Meatloaf</b> Garlic Mashed Potatoes Broccoli Pineapple Wheat Bread Peanut Butter Cookie</p> <p><i>Alternate Dessert:</i> <b>SF Jell-O</b> <b>VO-Quiche</b></p>	<p><b>30</b></p> <p>Baked Lemon Butter Fish Roasted Red Potatoes Veggie Blend Rye Roll Tropical Fruit Mix Frosted Chocolate Cake</p> <p><i>Alternate Dessert:</i> <b>Fresh Apple</b> <b>VO-Veggie Wrap</b></p>	<p><b>30</b></p> <p><b>Tuna Salad:</b> tuna salad, tomato &amp; cucumber on mixed greens</p> <p>Rye Roll Tropical Fruit Mix Frosted Chocolate Cake</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 the dining centers listed on the menu (page 4). 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. Others who attend the meals will be asked to pay the full cost of the meal; \$9.73.

**MEAL CHOICES** Note that the menu includes a *vegetarian* entrée choice, and an alternate dessert every day. Alternate desserts have fewer concentrated sweets than regular desserts. You can choose these for some of your meals, or all of them—just let us know ahead of time. You can also choose the *salad option* on Fridays—every week or just sometimes.

**RESERVATIONS and CANCELATIONS must be made no later than 12:00 noon, one business day in advance. Call 608-251-8405. If you cannot attend a meal you have reserved, please cancel by 12:00 noon, the day before the meal, so that we avoid needless waste.**

**TRANSPORTATION** is available from your home to a nearby dining center. 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.

### **\*\* EARLY RESERVATIONS NEEDED for HOLIDAY MEALS**

To celebrate major holidays, we typically serve a special holiday-themed meal. Often, extra seniors sign up for these meals, which requires additional food to be ordered in advance. In order to make sure we have enough food, we are asking for earlier reservations for these days. If you plan to attend one of the meals below, please note that you will need to reserve your meal 3 days in advance.

#### **St. Patrick's Day Meal**

**served Friday, March 16—**

**Reservations needed by noon, Tuesday, March 13**

This menu is on page 4. What is Watergate salad? It is made with pistachio pudding, crushed pineapple, whipped topping and chopped nuts.

#### **Easter Meal**

**served Monday, April 2—Reservations needed  
by noon, Wednesday, March 28**

This meal will include Ham, Cheesy Potatoes, Broccoli Salad, Dinner Roll, Pineapple and Coconut Cream Pie.

### **Bahama Bob Milan on Steel Drums**

Get in the mood for warm weather to come. Enjoy an afternoon of music with a Caribbean flavor,  
**Friday, March 9 at:**

**Romnes Apartments 11:45—12:45 pm**

**Fisher Taft Apartments, 1:30—2:30 pm**

### **Blood Pressure and Sugar Readings, Foot Care & More**

Advanced nursing students will be available on the days below to take blood pressure and sugar readings and to discuss medical issues with residents who have questions. In addition, they will provide foot care one day a month. They will be at:

**Fisher-Taft Apartments 2025 Taft St.**

**Tuesday March 6 12:00—1:30pm**

**Tuesday March 20 1:00—3:00pm foot care day**

**Romnes Apartments 540 W. Olin Ave.**

**Tuesday, March 27 10:00 am—12:30 pm foot care**

**Burr Oaks Apartments 2417 Cypress Way**

**Tuesday, March 27 1:00—3:00 pm foot care day**