

# September 2022

## Kewaunee County Dine In and Home Delivered Meals

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|--|--|--|---|
| 29  | 30   | 31   | 1  | 2   |
| <b>IMMUNE BOOSTING FOODS OF THE MONTH</b>   | <i>White Potatoes: Contain vitamin C, potassium, and fiber, along with other essential vitamins and minerals which contribute to overall health.</i> | <i>Strawberries: Another good source of vitamin C, fiber, and potassium. Add to your morning yogurt for a nutrient rich breakfast!</i> | Shepard's Pie<br>Brussel Sprouts<br>Carrot Raisin Salad<br>White Bread<br>Rice Krispie Bar | Beef Tips<br>Mashed Potatoes & Gravy<br>Corn<br>WW Dinner Roll<br>Lemon Bar                                       |
| 5   | 6  | 7  | 8  | 9 Patriot's Day   |
| Closed - Labor Day  | Swedish Loaf<br>Mashed Potatoes & Gravy<br>Winter Blend Veggies<br>Rye Bread<br>Chocolate Pudding Torte  | Beefy Mac & Cheese<br>Mediterranean Herb Veggies<br>Peaches<br>WW Bread<br>PB Cookie*  | French Bread Pizza<br>Romaine Salad<br>Country Blend Veggies<br>Banana                     | Fish Sandwich on WW Bun<br>Whipped Sweet Potatoes<br>Coleslaw<br>Black Forest Cake                                |
| 12  | 13   | 14   | 15   | 16  |
| Taco Bake Casserole<br>Refried Beans<br>Corn<br>WW Bread<br>Golden Salad  | Meatballs & Gravy<br>Mashed Potatoes<br>Green Beans<br>WW Bread<br>Strawberries<br>Angel Food Cake   | <u>National Hoagie Day</u><br>Beef & Cheese Hoagie<br>Vegetable Bean Soup<br>Mandarin Oranges<br>Vanilla Pudding                       | Baked Chicken<br>Mashed Potatoes & Gravy<br>Carrots<br>WW Bread<br>Raspberry Bar           | Chili<br>Chicken Salad on Wheat<br>Broccoli Cauliflower Salad<br>Warm Applesauce<br>Berry Torte                   |
| 19  | 20   | 21 First Day of Fall   | 22   | 23  |
| Pork w/Fried Rice<br>Stir Fry Veggies<br>Baby Corn<br>Pears<br>Fortune Cookie                                     | Turkey Noodle Casserole<br>Winter Squash<br>Grapes<br>Chocolate Chip Cookie  | BBQ Shredded Pork on WW Bun<br>Cheesy Potatoes<br>Baked Beans<br>Pumpkin Bar   | Meatloaf<br>Diced Sweet Potatoes<br>Broccoli<br>WW Bread<br>Fresh Fruit                    | <u>National Pot Pie Day</u><br>Chicken Pot Pie Dish<br>Romaine Salad<br>Grape Tomatoes<br>WW Bread<br>Cherry Cake |
| 26  | 27   | 28   | 29   | 30  |
| <u>National Dumpling Day</u><br>Chicken Dumpling Soup<br>Ham Salad on Rye<br>Cucumber Salad<br>Pears<br>Apple Bar | Baked Mostaccioli in Meat Sauce<br>Mixed Veggies<br>Fruit Salad<br>Black Bean Brownie  | Tator Tot Casserole<br>Wax Beans<br>Mandarin Oranges<br>WW Bread<br>Poke Cake  | Sloppy Joe on WW Bun<br>German Potato Salad<br>Baked Beans<br>Fresh Fruit                  | Salmon<br>Boiled Red Potatoes<br>Broccoli<br>Rye Bread<br>Fruited Lemon Fluff                                     |
| 3   | 4  | Notes<br>Suggested meal cost donation for 2022 is \$6.00 Actual meal cost is \$10.00   |  |   |
| *Contains nuts. Please note, our kitchen is NOT a nut-free facility.  |  |  |  |   |

# Senior Nutrition Program –Kewaunee County

## Dining Locations, Days and Meal Times

To order or cancel a meal please contact the ADRC of the Lakeshore at 920-683-4180 or 1-877-416-7083 (toll free) **no later than I am the day before.** We are charged for all meals ordered so please cancel promptly. Suggested donation is \$6.00. Actual cost is \$10.00. No eligible person will be denied a meal because of inability to donate.

### **Dyckesville**

1<sup>st</sup> and 3<sup>rd</sup> Mondays only  
11:15am  
St. Louis Church  
E8726 County Line Rd

### **Luxemburg**

2<sup>nd</sup> and 4<sup>th</sup> Wednesdays only  
11:30am  
St. John's Lutheran Church  
700 Heritage St.

### **Algoma**

Monday, Wednesday, Friday  
11:15am  
Algoma Community Center  
620 Lake St.

### **Kewaunee**

Monday through Friday 11:15am  
Community Congregational Church  
502 Center Ave.

- Do not need to be a Senior Center member to join us for this meal
- Suggested donation is \$4.75  
- grant by Charitable Funds

## Home Delivered Meals

If you are receiving home delivered meals and need to cancel a meal delivery please contact the ADRC of the Lakeshore at 920-683-4180 or 1-877-416-7083 (toll free) **no later than I am the day before.**

When a meal is undeliverable we will try to make contact with you or your emergency contact. If neither answer the police dept. will be contacted to check on you. We are charged for all meals ordered so please cancel promptly. Suggested donation is \$6.00. Actual cost is \$10.00.

If you want more information about the home delivered meal program please contact the ADRC of the Lakeshore at 920-683-4180 or 1-877-416-7083 (toll free).

## **Algoma Home Delivered Meals**

- City of Algoma
- Monday through Friday

## **Kewaunee Home Delivered Meals**

- City of Kewaunee
- Monday through Friday

## **Frozen Rural Route**

- Covers the rest of Kewaunee County
- Frozen meals for the week are delivered on Mondays

**Closed major holidays.**

**Menu may be subject to change.**

