

MENU







Senior Dining






Fellowship, Food & Fun

JANUARY 2019

MO – meatless option NCS – no concentrated sugar SF – sugar free * contains pork	1 – Tuesday New Year's Day	2 – Wednesday	3 – Thursday	4 – Friday
	 Senior Center Closed	BBQ Chicken Breast Baked Sweet Potato Whole Wheat Bread Tropical Fruit Cake MO – Black Bean Burger NCS – SF Pudding	Tuna Salad Sandwich on Whole Wheat Bread Tomato Soup Chickpea Salad Pears Frosted Churro Cake MO – Egg Salad NCS – SF Cookie Packet	Enchilada Casserole Cauliflower Confetti Corn with Black Beans Mandarin Oranges Apple Sauce Bar MO – Bean/Cheese Burrito NCS – Cinnamon Apple Sauce
7 – Monday	8 – Tuesday	9 – Wednesday	10 – Thursday Peculiar People Day	11 – Friday
Beef Stroganoff over Egg Noodles Stewed Tomatoes Pea Salad Fruit Cocktail Ice Cream MO – Soy Stroganoff NCS - Apple	Tuna Casserole Roasted Baby Carrots Pickled Beets Banana Blueberry Crisp MO – Veggie Wrap NCS – SF Cookie Packet	Pork Loin* in Gravy Roasted Potatoes, Carrots, and Onions Spinach Dinner Roll Chunky Applesauce Cake MO – Garden Burger NCS – SF Pudding	Chicken Strips Green Beans Mixed Green Salad Dinner Roll Fruit Cup Apple Crisp  MO – Hummus and Pita NCS – SF Ice Cream	Taco Pasta Casserole Broccoli Cauliflower Pineapple Sherbet MO – Red Beans and Rice NCS - SF Ice Cream
14 – Monday Coming of Age (Japan)	15 – Tuesday	16 – Wednesday	17 – Thursday	18 – Friday
Roasted Turkey in Gravy Rice Pilaf Creamed Corn Cranberry Sauce Fruit Cocktail Brownie  MO – Hummus Wrap NCS – SF Jell-O	Chicken, Lettuce, and Tomato Sandwich on Whole Wheat Bun Cheesy Potatoes 4 Bean Salad Orange Cake MO – Cheese and Tomato Sandwich NCS – SF Cookie	Meatballs* in Gravy Mashed Potatoes California Blend Dinner Roll Tropical Fruit Ice Cream MO – Veggie Meatballs NCS – SF Ice Cream	Sloppy Joe on Whole Wheat Bun Kidney Bean Salad Mixed Vegetable Banana Cake MO – Soy Sloppy Joe NCS – SF Jell-O	Ham* Scalloped Potatoes Green Beans Corn Bread Fruit Juice Pie MO – Cheese Sandwich NCS - Spiced Apples
21 – Monday Martin Luther King, Jr.	22 – Tuesday	23 – Wednesday	24 – Thursday	25 – Friday
Chicken Macaroni Salad Marinated Tomatoes Broccoli Salad Fruit Cup Cookie  MO – Veggie Mac Salad NCS – SF Cookie	Meat Sauce over Spaghetti Noodles Wax beans Mixed Green Salad Peaches Brownie MO – Veggie Meat Sauce NCS – SF Pudding	Chicken White Bean Chili Tossed Salad Cornbread Fresh Orange Cake MO – Veggie Chili NCS – SF Jell-O	Pork Loin* in Gravy Mashed Potatoes Garden Blend Vegetables Whole Wheat Bread Mandarin Oranges Pudding MO – Multigrain Burger NCS – Cinnamon Pears	Lemon Baked Fish Baked Sweet Potato Tropical Fruit Whole Wheat Bread Cake MO – Veggie Wrap NCS – SF Cookie
28 – Monday	29 – Tuesday Curmudgeons Day	30 – Wednesday	31 – Thursday	Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed.
Italian Sausage* on White Bun Oven Roasted Potatoes Stewed Tomatoes Orange Ice Cream Cup MO – Veggie Meatballs NCS – SF Ice Cream	Chili Baked Potato Banana Cornbread Rice Pudding  MO – Veggie Chili NCS – SF Jell-O	Turkey in Gravy Mashed Potatoes Broccoli Salad Cranberry Stuffing Cranberry Sauce Pumpkin Pie MO – Soy in Gravy NCS – SF Pumpkin Pie	Pulled Pork* on Whole Wheat Bun Creamy Coleslaw Carrot Raisin Salad Melon Slice Pudding MO – Egg Salad NCS – SF Pudding	

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Closed for the New Year's Day Holiday</p> <p style="text-align: center;">Happy New Year!</p>	<p>2</p> <p>9:15 Social Seniors Breakfast @ HyVee</p> <p>10:00 Sober Today</p> <p>10:00 Al-Anon</p> <p>10:00 Forget-Me-Nots</p> <p>10:30 Cribbage</p> <p>11:30 Lunch</p> <p>1:00 Euchre</p>	<p>3</p> <p>9:00 Middleton Jazz</p> <p>10:30 TOPS</p> <p>11:00 & 11:45 Shopping Bus</p> <p>11:30 Lunch</p> <p>12:30 Open Cards</p> <p>12:30 Nimble Fingers</p>	<p>4</p> <p>9:00 Rummikub</p> <p>9:00 e-Reader Appointments</p> <p>11:30 Lunch</p> <p>12:30 Open Cards</p> <p>1:00 Social Seniors Travelogue—Australia</p> 
<p>7</p> <p>9:00 Scrabble</p> <p>10:30 Cribbage</p> <p>10:30 Chair Yoga</p> <p>11:30 Lunch</p> <p>11:30 Shopping Bus</p> <p>12:30 Wii Sports</p> <p>12:30 Open Cards</p>	<p>8</p> <p>9:00 Wood Carving</p> <p>9:00 –11:00 Spanish</p> <p>9:00 Mending</p> <p>11:30 Lunch</p> <p>11:45 Shopping Bus</p> <p>12:30 Mah Jongg</p> <p>1:00 Stitches</p> 	<p>9</p> <p>9:00 Strength & Flexibility</p> <p>9:00—11:00 Spanish</p> <p>9:30 Sober Today</p> <p>9:30 Al-Anon</p> <p>10:30 Women Embracing Change</p> <p>10:30 Cribbage</p> <p>11:30 Lunch</p> <p>1:00 Euchre</p> <p>1:00 Writing @Library</p>	<p>10</p> <p>9:00 Middleton Jazz</p> <p>10:00 Gadget Guru</p> <p>10:30 TOPS</p> <p>11:00 & 11:45 Shopping Bus</p> <p>11:30 Lunch</p> <p>12:30 Open Cards</p> <p>12:30 Nimble Fingers</p> <p>2:00 Chair Yoga</p>	<p>11</p> <p>9:00 Rummikub</p> <p>9:00 Strength & Flexibility</p> <p>10:15 Video Lecture</p> <p>11:30 Lunch</p> <p>12:30 Open Cards</p> <p>12:30 Movie "Adrift"</p> 
<p>14</p> <p>9:00 Scrabble</p> <p>10:30 Cribbage</p> <p>10:30 Chair Yoga</p> <p>11:30 Lunch</p> <p>11:30 Shopping Bus</p> <p>12:30 Wii Sports</p> <p>12:30 Open Cards</p> 	<p>15</p> <p>9:00 Wood Carving</p> <p>9:00 –11:00 Spanish</p> <p>10:00 Sing Along</p> <p>11:30 Lunch</p> <p>11:45 Shopping Bus</p> <p>12:30 Mah Jongg</p> <p>1:00 Stitches</p> <p>1:00 Life Long Learning</p> <p>2:00 Tai Chi</p>	<p>16</p> <p>9:00 Strength & Flexibility</p> <p>9:00—11:00 Spanish</p> <p>9:30 Sober Today</p> <p>9:30 Al-Anon</p> <p>10:00 Forget-Me-Nots</p> <p>10:30 Cribbage</p> <p>11:30 Lunch</p> <p>1:00 Euchre</p>	<p>17</p> <p>9:00 Middleton Jazz</p> <p>10:00 Blood Pressure Screening</p> <p>10:30 TOPS</p> <p>11:00 & 11:45 Shopping Bus</p> <p>11:30 Lunch</p> <p>12:30 Open Cards</p> <p>12:30 Nimble Fingers</p> <p>2:00 Chair Yoga</p>	<p>18</p> <p>9:00 Rummikub</p> <p>9:00 Strength & Flexibility</p> <p>9:00 Energy Assistance</p> <p>10:15 Video Lecture</p> <p>11:30 Lunch</p> <p>12:30 Open Cards</p> <p>1:00 Paper Crafting</p>

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>21</p> <p>9:00 Scrabble</p> <p>10:30 Cribbage</p> <p>10:30 Chair Yoga</p> <p>11:30 Lunch</p> <p>11:30 Shopping Bus</p> <p>12:30 Wii Sports</p> <p>12:30 Open Cards</p> <p>4:00 Commission on Aging</p> 	<p>22</p> <p>8:30 Newsletter Assembly</p> <p>9:00 Wood Carving</p> <p>9:00 –11:00 Spanish</p> <p>11:30 Lunch</p> <p>11:30 Social</p> <p>Seniors Lunch @ Johnny's</p> <p>11:45 Shopping Bus</p> <p>12:30 Mah Jongg</p> <p>1:00 Stitches</p> <p>2:00 Tai Chi</p>	<p>23</p> <p>9:00 Strength & Flexibility</p> <p>9:00—11:00 Spanish</p> <p>9:30 Sober Today</p> <p>9:30 Al-Anon</p> <p>10:30 Women Embracing Change</p> <p>10:30 Cribbage</p> <p>11:30 Lunch</p> <p>1:00 Euchre</p>	<p>24</p> <p>9:00 Middleton Jazz</p> <p>10:00 Gadget Guru</p> <p>10:30 TOPS</p> <p>11:00 & 11:45 Shopping Bus</p> <p>11:30 Lunch</p> <p>12:30 Open Cards</p> <p>12:30 Nimble Fingers</p> <p>2:00 Chair Yoga</p>	<p>25</p> <p>9:00 Rummikub</p> <p>9:00 Strength & Flexibility</p> <p>10:15 Video Lecture</p> <p>11:30 Lunch</p> <p>12:30 Open Cards</p> 
<p>28</p> <p>9:00 Scrabble</p> <p>10:30 Cribbage</p> <p>10:30 Chair Yoga</p> <p>11:30 Lunch</p> <p>11:30 Shopping Bus</p> <p>12:30 Wii Sports</p> <p>12:30 Open Cards</p>  	<p>29</p> <p>9:00 Wood Carving</p> <p>9:00 –11:00 Spanish</p> <p>11:30 Lunch</p> <p>11:45 Shopping Bus</p> <p>12:30 Mah Jongg</p> <p>1:00 Stitches</p> <p>1:00 BINGO</p> <p>2:00 Tai Chi</p>	<p>30</p> <p>9:00 Strength & Flexibility</p> <p>9:00—11:00 Spanish</p> <p>9:30 Sober Today</p> <p>9:30 Al-Anon</p> <p>10:30 Cribbage</p> <p>11:30 Lunch</p> <p>1:00 Euchre</p>	<p>31</p> <p>9:00 Middleton Jazz</p> <p>10:30 TOPS</p> <p>11:00 & 11:45 Shopping Bus</p> <p>11:30 Lunch</p> <p>12:30 Open Cards</p> <p>12:30 Nimble Fingers</p> <p>1:00 Knitting Class</p> <p>2:00 Chair Yoga</p>	

Inclement Weather Reminder

In the event the Middleton-Cross Plains School District closes schools due to bad weather, the Middleton Senior Center will also be closed. Meals on Wheels will not be delivered nor will meals be served at the Middleton Senior Center. The cancelled meal will be served the next day.

All classes, activities and programs are cancelled. Contact the Senior Center regarding rescheduled or make up programs. The shopping bus will not run on days when the Senior Center is closed due to the weather.