



Weekend meals are delivered frozen and can be reheated in the oven or microwave.

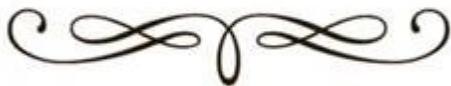
Weekend meals are available for delivery on Friday. Please call by noon on Wednesday to place your order.

We can also deliver a frozen meal the day before a federal holiday, when our meal sites are closed. Please call by noon, two business days in advance, to place your order.

Refer to the 'La Crosse Senior Life' newsletter menus, listed on pages 6 & 7 for weekend menu rotations. These are listed on Friday's as 'A, B, C, or D'.

To be added to the Senior Life mailing list call 608-785-5700.

Revision Date 7/16



Aging & Disability Resource Center
300 4th Street North
La Crosse, WI 54601-3200

RETURN SERVICE REQUESTED



La Crosse County

Offering an option for
weekend and holiday
meals

WEEKEND MENU



For more information contact:

**Phone: 608-785-5700
or 1-800-500-3910**

E-Mail: adrc@lacrossecounty.org

MENU A

Ham & Scalloped Potatoes
Vegetable
Applesauce

Swedish Meatballs
Mashed Potatoes
Vegetable
Fresh Fruit

MENU B

Turkey & Gravy
Mashed Potato
Carrots
Applesauce

Lasagna
Winter Blend
Fresh Fruit
Garlic Bread Stick

MENU C

Chicken & Wild Rice Casserole
Mixed Vegetables
Fruit Cup

Pulled Pork Sandwich
California Blend
Fresh Fruit

MENU D

Tater Tot Casserole
Vegetable
Fresh Fruit

Broccoli Stuffed Chicken Breast
Baby Red Potatoes
Carrots
Fruit Cup

WITH EVERY MEAL

We offer your choice of milk:
2%, Skim or Chocolate
Bread
and Dessert

To place an order, call your delivery site
by Noon, Wednesday of that week.

- Carroll Heights 792-6996
- Forest Park 789-7826
- Harry J Olson 792-4487
- Holmen 526-6316
- Onalaska 789-7829
- Southside Senior Center 782-2444
- Stokke Tower 789-7823
- West Salem 786-2975

Your Delivery site is:
