NUTRITION MEALS FOR COLBY, OWEN & THORP AREAS

People 60 years of age and older are encouraged to use the Nutrition Program. Please call 24 hours ahead to reserve or cancel a meal between the hours of 10:30 a.m. and 1 p.m. for the following centers: Colby Center, (715) 223-4195; Owen Center, (715) 229-4567; Thorp Center, (715) 669-5566. If no answer at the above telephone numbers, please call the Aging Office at (715) 743-5144 or 1-866-743-5144. If is very important to the continuation of the Nutrition Program that a 24 hour notice be given for cancellations and reservations of meals.

The suggested donation per meal is $4.00. Thank you.

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.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Mon., Sept. 21, 2020**  Fried Chicken  Mashed Potatoes  w/Gravy  Mixed Vegetables  Cantaloupe  Bread & Butter  Milk | **Tues., Sept. 22, 2020**  Steak Sandwich  w/Grilled Onions &  Red Peppers  Sweet Potato Wedges  Calico Bean Bake  Raspberry Cake  Milk | **Wed., Sept. 23, 2020**  Spaghetti w/Meat  Sauce  Carrots  Spinach Salad w/Bacon  Dressing  Garlic Bread & Butter  Peach Cobbler Bar  Milk | **Thurs., Sept. 24, 2020**  Sausage Potato Gratin  Bacon Cauliflower  Salad  Tropical Fruit  Dinner Roll & Butter  Milk | **Fri., Sept. 25, 2020**  Macaroni & Cheese  Green Beans  Coleslaw  Pears  Dinner Roll & Butter  Milk |
| **Mon., Sept. 28, 2020**  Baked Garlic Parmesan  Chicken  Rotini Pasta w/Marinara  Sauce  Broccoli Craisin Salad  Peaches  Dinner Roll & Butter  Milk | **Tues., Sept. 29, 2020**  Saucy Orange Pork  Fillet  Roasted Tri-Cut Sweet  Potatoes  Green Beans  Apricots  No Bake Cookie  Bread & Butter  Milk | **Wed., Sept. 30, 2020**  Swiss Steak w/Stewed  Tomatoes  Mashed Potatoes  Corn  Lime Gelatin w/Pears  Bread & Butter  Milk | **Thurs., Oct. 1, 2020**  Grilled Marinated  Chicken  Mixed Vegetables  Hickory Baked Beans  Strawberries  Bread & Butter  Milk | **Fri., Oct. 2, 2020**  Crumb Top Fish Fillet  Tartar Sauce  Baby Baker Potatoes  w/Sour Cream  Asparagus  Applesauce  Bread & Butter  Milk |