

Ashley Pub in Arcadia
Home Delivered Meals
Sponsored by Aging & Disability Resource Center (ADRC)
Of Trempealeau County

Local Phone: 715-538-2001 or Toll Free: 1-800-273-2001 Option 1

Suggested Donation is \$ 5.00 per meal.

We require a 24-hour cancellation notice if you will not be home to receive your Home Delivered Meal. Anything less than 24-hour notice will be charged as a normal delivery.

July 2024

July 1-5:

Monday: Garlic Herb Chicken Breast, Diced Potatoes, Asparagus, Cookie
Tuesday: Shredded Chicken w/Gravy, Scalloped Potatoes, Corn, Yogurt
Wednesday: Beef Stew, Mashed Potatoes, Carrots, Bread Pudding
Thursday: **No Meal – Happy 4th of July**
Friday: Cod Nuggets, Cheesy Potatoes, Mixed Veggies, Cake

July 8-12:

Monday: BBQ Meatballs, Diced Potatoes, Asparagus, Cookie
Tuesday: Spaghetti w/Meat Sauce, Corn, Garlic Bread, Fruit Cup, Yogurt
Wednesday: Smothered Chicken Breast, Mashed Potatoes, Carrots, Bread Pudding
Thursday: Sweet & Sour Chicken over Fried Rice, Mixed Veggies, Egg Roll, Brownie
Friday: Polish Sausage w/Kraut, Mac & Cheese, Baked Beans, Cake

July 15-19:

Monday: Chicken Alfredo, Asparagus, Garlic Bread, Cookie
Tuesday: Mini Tacos, Spanish Rice, Refried Beans, Fruit Cup, Yogurt
Wednesday: Mushroom & Swiss Chicken Breast, Mashed Potatoes, Corn, Bread Pudding
Thursday: Teriyaki Shrimp w/Stir Fry Veggies, Fried Rice, Egg Roll, Brownie
Friday: Baked Cod, Mac & Cheese, Carrots, Cake

Menu items are subject to change due to item availability and unexpected shortages or shipment delays.

July 22-26:

Monday: Teriyaki Chicken Breast w/Pineapple, Asparagus, Corn, Cookie
Tuesday: Salisbury Steak, Mashed Potatoes, Carrots, Fruit Cup, Yogurt
Wednesday: Chicken Wings, Scalloped Potatoes, Baked Beans, Coleslaw,
Bread Pudding
Thursday: Scalloped Potatoes & Diced Ham, Mixed Veggies, Garlic Bread,
Brownie
Friday: Beer Battered Shrimp, Mac & Cheese, Baked Beans, Cake

July 29-31:

Monday: 2 pc. Chicken Strips, Diced Potatoes, Asparagus, Cookie
Tuesday: Shredded Pork w/Gravy, Stuffing, Scalloped Potatoes, Corn,
Yogurt
Wednesday: Chicken Pot Pie, Mashed Potatoes, Carrots, Bread Pudding

Friendship First Community Center Senior Dining in Blair
Sponsored by Aging & Disability Resource Center (ADRC)
Of Trempealeau County
Serving Tuesdays at 11:30am
Reservations required by calling 608-989-2818
Local Phone: 715-538-2001 or Toll Free: 1-800-273-2001
Suggested Donation is \$5.00 per meal
July 2024

July 2:

Tuesday: Burgers w/Tomatoes, Onions & Pickles, Potatoes, Watermelon,
Dessert

July 9:

Tuesday: Full Turkey Wrap, Chips, Fresh Veggies, Dessert

July 16:

Tuesday: Creamed Chicken and Biscuits, Fruit, Dessert

July 23:

Tuesday: Honey Mustard Pork Loin, Mashed Potatoes, Corn, Bread,
Dessert

July 30:

Tuesday: Baked Ham, Roasted Potatoes, Green Beans, Bread, Dessert

Menu items are subject to change due to item availability and unexpected shortages or shipment delays.

Boon Docks Locker Room Bar & Grill

Senior Dining & Fellowship

**Sponsored by Aging & Disability Resource Center (ADRC)
Of Trempealeau County**

Local Phone: 715-538-2001 or Toll Free: 1-800-273-2001 Option 1

Serving Wednesday and Thursday from 11:30 to 12:30

Reservations required by calling 608-582-4401

Suggested Donation is \$ 5.00 per meal

July 2024

July 3&4:

Wednesday: Smothered Chicken, American Fries, Snap Peas
Thursday: **No Meal – Happy 4th of July**

July 10 & 11:

Wednesday: Pork Chop, Baked Potato, Green Beans
Thursday: Country Fried Steak, Mashed Potatoes, Carrots

July 17 & 18:

Wednesday: Creamy Chicken over Biscuits
Thursday: Spaghetti w/Meat Sauce, Side Salad

July 24 & 25:

Wednesday: Chicken Philly Sandwich, Oven Fries
Thursday: Roast Beef, Mashed Potatoes, Carrots

July 31:

Wednesday: Cheesy Chicken Casserole

Menu items are subject to change due to item availability and unexpected shortages or shipment delays.

Boon Docks Locker Room Bar & Grill

Home Delivered Meals

**Sponsored by Aging & Disability Resource Center (ADRC)
Of Trempealeau County**

**Local Phone: 715-538-2001 or Toll Free: 1-800-273-2001 Option 1
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July 2024

July 1-5:

Monday: Cheeseburger, Potato Salad, Tomato
Tuesday: Popcorn Chicken Bowl
Wednesday: Smothered Chicken, American Fries, Snap Peas
Thursday: **No Meal – Happy 4th of July**
Friday: Fish, Au Gratin, Coleslaw

July 8-12:

Monday: Hot Dog, Mac & Cheese, Baked Beans
Tuesday: Chicken Alfredo, Side Salad
Wednesday: Pork Chop, Baked Potato, Green Beans
Thursday: Country Fried Steak, Mashed Potatoes, Carrots
Friday: Fish, Au Gratin, Mac Salad

July 15-19:

Monday: Chicken Stir Fry
Tuesday: Hamburger Gravy, Mashed Potatoes
Wednesday: Creamy Chicken over Biscuits
Thursday: Spaghetti w/Meat Sauce, Side Salad
Friday: Fish, Au Gratin, Coleslaw

Menu items are subject to change due to item availability and unexpected shortages or shipment delays.

July 22-26:

Monday: Ham & Turkey Sandwich, Chips, Baked Beans
Tuesday: Lasagna, Green Beans
Wednesday: Chicken Philly Sandwich, Oven Fries
Thursday: Roast Beef, Mashed Potatoes, Carrots
Friday: Fish, Au Gratin, Coleslaw

July 29-31:

Monday: Meatball Stroganoff, Carrots
Tuesday: Tuna Salad Wrap, Pasta Salad
Wednesday: Cheesy Chicken Casserole

Menu items are subject to change due to item availability and unexpected shortages or shipment delays.

Eau Claire County ADRC

Home Delivered Meals for Eleva, Strum, Osseo, Pigeon Falls, Whitehall, Blair, and Ettrick
Sponsored by Aging & Disability Resource Center (ADRC)
Of Trempealeau County

Local Phone: 715-538-2001 or Toll Free: 1-800-273-2001 Option 1

Suggested Donation is \$5.00 per meal

*We require a 24-hour cancellation notice if you will not be home to receive your Home Delivered Meal.
Anything less than 24-hour notice will be charged as a normal delivery.*

July 2024

July 1-5:

- Monday: Crunchy Baked Ranch Chicken, Mashed Potatoes, Beets, Dinner Roll, Fruit
- Tuesday: Pork Roast w/Gravy, Mashed Potatoes, Parmesan Garlic Carrots, Dinner Roll, Chocolate Chip Bar
- Wednesday: BBQ Ribs, Calico Beans, Hashbrowns, Dinner Roll, Mango & Orange Cake
- Thursday: **No Meal – Happy Independence Day!**
- Friday: Creamy Tarragon Chicken Thigh, Golden Rice & Vegetables, Cauliflower & Broccoli, Dinner Roll, Fresh Fruit

July 8-12:

- Monday: Philly Cheesesteak Sloppy Joe, Rosemary & Garlic Potatoes, Bean Medley, Dinner Roll, Fruit
- Tuesday: Breaded Porkchop, Mornay Potatoes, Mixed Veggies, Dinner Roll, Molasses Cookie
- Wednesday: Baked Ham w/Pineapple, Mashed Sweet Potatoes, California Blend Veggies, Lemon Bar
- Thursday: Tuna Sandwich, Macaroni Salad, Angel Food Cake w/Lemon Pudding
- Friday: Beef Burgandy, Mashed Potatoes, Corn, Dinner Roll, Fruit

Menu items are subject to change due to item availability and unexpected shortages or shipment delays.

July 15-19:

- Monday: Chicken Florentine, Mashed Potatoes, Key Largo Veggies, Dinner Roll, Fruit
- Tuesday: Turkey & Ham Sandwich, Pea Salad, Chocolate Cupcake
- Wednesday: Beef Tips over Noodles, Glazed Carrots, Dinner Roll, Carrot Bar
- Thursday: Spaghetti Pie Casserole, Side Salad, Garlic Bread, Oatmeal Cookie
- Friday: Parmesan Crusted Cod, Red Potatoes, Baked Beans, Bread, Fruit

July 22-26:

- Monday: Creamy Smothered Chicken Thighs, Brown Rice, Creamed Peas, Dinner Roll, Fruits
- Tuesday: Pepper Steak, Jasmine Rice, Asian Blend Veggies, Vanilla Pudding Parfait
- Wednesday: Bone-In Chicken, Mashed Potatoes w/Gravy, Veggie Blend, Dinner Roll, Frosted Spice Cake
- Thursday: Ham Spread, Three Bean Salad, Creamy Cucumber, Chocolate Chip Cookies
- Friday: Sausage Gravy over Biscuit, Roasted Green Beans & Potatoes w/Kielbasa, Fruit Salad Glazed

July 29-31:

- Monday: Chicken Marsala, Mashed Potatoes, Broccoli, Fruit
- Tuesday: Bacon Cheeseburger, Parmesan Potatoes, Calico Beans, Cherry Bar
- Wednesday: Meatball Sub, Mac & Cheese, Wax Beans, Cake

Grandview Care Center

**Home Delivered Meals for the City of Blair
Sponsored by Aging & Disability Resource Center (ADRC)
Of Trempealeau County**

Local Phone: 715-538-2001 or Toll Free: 1-800-273-2001 Option 1

Suggested Donation is \$ 5.00 per meal

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July 2024

July 1-5:

- Monday: Sloppy Joe's, Sidewinders, Buttered Broccoli, Blueberries
Tuesday: Pork Roast w/Gravy, Baby Red Potatoes, Harvard Beets, Filled Pear Halves
Wednesday: Melt In Your Mouth Chicken, Mashed Potatoes, Squash, Brussel Sprouts, Peaches
Thursday: **No Meal – Happy 4th of July**
Friday: Salmon, Roasted Potatoes, Bean Salad, Red/White/Blue Parfait

July 8-12:

- Monday: Tuna and Noodles, Parslied Carrots, Buttered Spinach, Dicey Pears
Tuesday: Beef Stir Fry, Vegetable Fried Rice, Egg Roll, Blueberry Delight
Wednesday: BBQ Pork on a Bun, Fried Potatoes, Buttered Corn, Baked Beans, Mandarin Orange Jell-O
Thursday: Steak Ranchero, Baked Potato, Buttered Beets, Glorified Rice
Friday: Lemon-Pepper Chicken Breast, Sweet Potatoes, Parmesan Peas, Applesauce Jell-O Salad

July 15-19:

- Monday: Fish Sandwich, Potato Wedges, Beaked Beans, Peach Sauce
Tuesday: Meatballs, Mashed Potatoes, Green Bean Casserole, Cherry Crisp
Wednesday: Herb Baked Chicken, Hashbrown Casserole, Tangy Carrot Coins, Blueberries
Thursday: Pork Chop Supreme, Mashed Potatoes, Creamed Corn, Pear Lime Jell-O

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Friday: Cajun Fish, Parsley Buttered Round Potatoes, Cali Blend Veggies, Applesauce

July 22-26:

Monday: Beef Tips Over Noodles, Capri Blend Veggies, Pear Slices

Tuesday: Polish Sausage, O'Brien Potatoes, Buttery Sweet Corn, Applesauce

Wednesday: Country Fried Steak, Mashed Potatoes w/Gravy, Broccoli, Peaches

Thursday: Fish and Chips, Baked Beans, Baby Carrots, Mandarin Orange Cookie Dessert

Friday: Savory Ham Loaf, Harvest Mac, Asparagus, Cinnamon Apples

July 29-Aug 2:

Monday: Salisbury Steak w/Gravy, Mashed Potatoes, Buttery Corn, Fruited Jell-O

Tuesday: Pork Chops in Gravy, Dressing, Peas, Carrots, Cheesecake w/Fruit Topping

Wednesday: Ranch Chicken, Buttery Baby Red Potatoes, Broccoli, Mandarin Oranges

Thursday: Swedish Meatballs, Mashed Potatoes, Squash, Caramel Apple Crisp

Friday: Lemon Pepper Fish, Baked Potato, Baked Beans, Fresh Fruit

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Sacred Heart Church in Pine Creek
Senior Dining & Fellowship
Sponsored by Aging & Disability Resource Center (ADRC)
Of Trempealeau County

Local Phone: 715-538-2001 or Toll Free: 1-800-273-2001 Option 1

Serving Tuesday & Thursday at Noon

Reservations Required by calling 608-539-5391

Suggested Donation is \$ 5.00 per meal.

July 2024

July 2 & 4:

Tuesday: Goulash, Lettuce Salad, M&M Bars

Thursday: **Happy Independence Day! No Meal!**

July 9 & 11:

Tuesday: Brats, Potato Salad, Baked Beans, Cookies

Thursday: Pork Loin, Cheesy Potatoes, Beets, Cake w/Fruit

July 16 & 18:

Tuesday: Meatloaf, Baked Potatoes, Carrots, Lemon Bundt Cake

Thursday: Ham, Scalloped Potatoes, Corn, Jell-O w/Fruit

July 23 & 25:

Tuesday: Chicken Hotdish, Green Beans, Apple Dump Cake

Thursday: BBQ Ribs, Baked Potatoes, Cauliflower, Mounds Bars

July 30:

Tuesday: Chicken, Potatoes w/Gravy, Coleslaw, Oreo Fluff

Menu items are subject to change due to item availability and unexpected shortages or shipment delays.

Immanuel Lutheran Church Senior Dining in Strum
Sponsored by Aging & Disability Resource Center (ADRC)
Of Trempealeau County

Serving Tuesdays and Thursdays at 11:30am

Reservations required by calling 715-695-3511

Local Phone: 715-538-2001 or Toll Free: 1-800-273-2001

Suggested Donation is \$5.00 per meal.

July 2024

July 2 & 4:

Tuesday: Burgers w/Tomatoes, Onion & Pickles, Potatoes, Watermelon,
Dessert

Thursday: **Site Closed – Happy 4th of July**

July 9 & 11:

Tuesday: Full Turkey Wrap, Chips, Fresh Veggies, Dessert

Thursday: Meatloaf, Mashed Potatoes, Veggies, Bread, Dessert

July 16 & 18:

Tuesday: Creamed Chicken and Biscuits, Fruit, Dessert

Thursday: Tator Tot Hotdish, Veggies, Bread, Dessert

July 23 & 25:

Tuesday: Honey Mustard Pork Loin, Mashed Potatoes, Corn, Bread,
Dessert

Thursday: Baked Chicken Breast, Roasted Potatoes, Fruit, Bread, Dessert

July 30:

Tuesday: Baked Ham, Roasted Potatoes, Green Beans, Bread, Dessert

Tri-County Memorial Hospital in the City of Whitehall
Home Delivered Meals
Sponsored by Aging & Disability Resource Center (ADRC)
Of Trempealeau County

Local Phone: 715-538-2001 or Toll Free: 1-800-273-2001 Option 1

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July 2024

July 1-5:

- Monday: Fire Seared Pork, Mashed Potatoes w/Gravy, Sweet Potatoes, Apple Juice, Chocolate Mousse
- Tuesday: Parmesan Fish, Lemon Parsley Pasta, Coleslaw, Pineapple Tidbits, Apple Cake
- Wednesday: Turkey Roast, Mashed Potatoes w/Gravy, Green Beans, Apple Sauce, Butterscotch Delight
- Thursday: **No Meal – Happy 4th of July**
- Friday: Baked Chicken, Cheddar Onion Mashed Potatoes, Peas, Grape Salad, Pudding Cup

July 8-12:

- Monday: Meatballs, Mashed Potatoes w/Gravy, Peas, Tropical Juice, Strawberries
- Tuesday: Fire Seared Pork, Mashed Potatoes w/Gravy, Cream Style Corn, Grape Juice, Cherry Cheese Delight
- Wednesday: Roast Beef, Cheesy Hashbrowns, Carrots, Applesauce, Oreo Fluff Dessert
- Thursday: Lemon Pepper Chicken, Lemon Parsley Pasta, Broccoli, Tropical Fruit Cup, Jell-O Cake
- Friday: Fish Augratin, Mashed Potatoes, Green Beans, Pears, Lemon Cheesecake Bar

July 15-19:

- Monday: Fish Sticks, Baked Beans, Broccoli, Apple Juice, Cantaloupe
- Tuesday: Italian Meatloaf, Mashed Potatoes, Green Beans, Banana,

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Orange Cake
Wednesday: Parmesan Chicken, Parsley Buttered Potatoes, Rutabagas, Grapes, Chocolate Chip Cheesecake
Thursday: Lemon Pepper Baked Fish, Lemon Parsley Pasta, Carrots, Pineapple Tidbits, Gelatin
Friday: Roast Pork, Mashed Potatoes, Beets, Grape Juice, Orange

July 22-26:

Monday: Fire Seared Pork, Mashed Potatoes w/Gravy, Sweet Potatoes, Apple Juice, Chocolate Mousse
Tuesday: Parmesan Fish, Lemon Parsley Pasta, Coleslaw, Pineapple Tidbits, Apple Cake
Wednesday: Turkey Roast, Mashed Potatoes w/Gravy, Green Beans, Apple Sauce, Butterscotch Delight
Thursday: Beef Cubes, Noodles, Rutabagas, Orange Juice, Lemon Cake
Friday: Baked Chicken, Cheddar Onion Mashed Potatoes, Peas, Grape Salad, Pudding Cup

July 29-Aug 2:

Monday: Meatballs, Mashed Potatoes w/Gravy, Peas, Tropical Juice, Strawberries
Tuesday: Fire Seared Pork, Mashed Potatoes w/Gravy, Cream Style Corn, Grape Juice, Cherry Cheese Delight
Wednesday: Roast Beef, Cheesy Hashbrowns, Carrots, Applesauce, Oreo Fluff Dessert
Thursday: Lemon Pepper Chicken, Lemon Parsley Pasta, Broccoli, Tropical Fruit Cup, Jell-O Cake
Friday: Fish Au gratin, Mashed Potatoes, Green Beans, Pears, Lemon Cheesecake Bar

Wanek Center in Arcadia Senior Dining
Sponsored by Aging & Disability Resource Center (ADRC)
Of Trempealeau County
Serving Wednesday and Friday 11:30 am to 12:30pm
Reservations required by calling 608-409-2470
Local Phone: 715-538-2001 or Toll Free: 1-800-273-2001
Suggested Donation is \$5.00 per meal

July 2024

July 3 & 5:

Wednesday: Beef Stew, Mashed Potatoes, Seasonal Fruit, Dessert
Friday: Chicken Caesar Wrap, Pasta Salad, Seasonal Fruit,
Dessert

July 10 & 12:

Wednesday: Shredded Chicken w/Gravy, Mashed Potatoes &
Stuffing, Seasonal Fruit, Dessert
Friday: Taco Salad, Tortilla Chips, Seasonal Fruit, Dessert

July 17 & 19:

Wednesday: Turkey Club Wrap, Pasta Salad, Seasonal Fruit, Dessert
Friday: Classic BLT Croissant, Potato Chips, Soup, Dessert

July 24 & 26:

Wednesday: 2 pc. Chicken Strips, Baked Beans, Coleslaw, Dessert
Friday: Greek Chicken Salad, Garlic Bread, Seasonal Fruit,
Dessert

July 31:

Wednesday: **Meal Site Closed – Ashley for the Arts**

Menu items are subject to change due to item availability and unexpected shortages or shipment delays.