



**Rock County Council on Aging - Nutrition Program
Dining Centers and Home Delivered Meals**



**Diabetic Menu
November 2020**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Parmesan Cauliflower Peas & Carrots Cherry Orchard Bar	3 Baked Cod Broccoli Sweet Potatoes Pineapple Whole Wheat Bread Light Vanilla Yogurt	4 Roast Beef w/gravy Rosemary Red Potatoes Green Beans Whole Wheat Bread Banana S.F. Pudding	5 Baked Chicken Breast Mashed Potatoes w/gravy Steamed spinach Whole Wheat Bread Peanut Butter S.F. Cookie CH	6 Chili w/Beans Corn Cauliflower Blend Cottage Cheese Wheat Dinner Roll Fudgy Fiber Brownies
9 BBQ Rib Patty Whole Wheat Bread Baked Beans San Francisco Blend Vegetables Pears	10 Chopped Steak Green Beans Scalloped Potatoes Asian Carrot Salad Whole Wheat Bread Cherry Orchard Bar	11 <i><u>Veterans Day Menu</u></i> Swedish Meatballs Noodles Cauliflower Beets Peaches Frosted Cake CH 	12 Baked Salmon Sweet Potatoes Broccoli Rye Bread S.F. Pudding Strawberries	13 Creamy Chicken & Broccoli Mashed Potatoes Stewed Tomatoes Wheat Breadstick Fruited Applesauce
16 Salisbury Steak Baked Bean Medley Carrots Whole Wheat Bread Pears in S.F. Jello	17 Baked Cod Red Potatoes Stewed Tomatoes Rye Bread Peaches Carrot Cake CH	18 Chicken & Wild Rice Broccoli Beets Mandarin Oranges Light Vanilla Yogurt Sugar Cookie	19 Meatloaf Au Gratin Potatoes Brussels Sprouts Whole Wheat Bread Pears	20 Broc. Cheese Egg Bake Breakfast Potatoes Asparagus Cottage Cheese Orange Juice Cinn. Raisin Bread Peanut Butter
23 Burgundy Tips Egg Noodles Winter Squash Beets Whole Wheat Bread Mandarin Oranges CH	24 <i><u>Thanksgiving Menu</u></i> Roast Turkey Mashed Potatoes Cornbread Stuffing Green Bean Casserole Pumpkin Bar	25 Lasagna Casserole Cauliflower Romaine w/dressing Breadstick Warm Cinn Applesauce S.F. Pudding	 NO MEALS NO MEALS	
30 Cabbage Casserole Carrots Cottage Cheese Warm Peach Crisp		While Dining Centers are Closed Due to COVID: Please arrive for curbside pick-up meals at 11 am.		

Eligibility: Any person age 60 or older, regardless of income, and a spouse of any age.
Dining centers: Reservations are required and must be made no later than noon of the prior business day
Suggested donation: \$4.00. All donations are appreciated.
Home delivered: Must also be homebound. Suggested donation: \$4.00

Call 608-757-5474 for Reservations, Cancellations, & Home Delivered Meal Information

Rock County Council on Aging Nutrition Program

Dining Center Locations and Schedule

Reservations are required and must be made by noon of the prior business day.

For meal reservations or more information, call 757-5474 (Mon – Fri, 8 am – 5 pm)

While dining sites are closed due to COVID, arrive for curbside pick-up meals @ 11 am.

<u>Location</u>	<u>Address</u>	<u>Center Mgr</u>	<u>Meal Time</u>
Clinton	Senior Center 508 Front Street	Chris Tracy	11:45am Monday – Friday
Evansville	Creekside Place 102 Maple Street	Amy Martinson	11:30am Tues. & Thurs. ONLY
Janesville	Riverview Café – Riverview Heights 930 N. Washington Street Park in Back Special Parking available upon request.	Lauri March	11:30am Monday – Friday
Beloit	Chews and News Grinnell Hall Senior Ctr. 631 Bluff Street	Cindy Ross	11:45am Monday – Friday
Milton	The Gathering Place 715 Campus Lane	Linda Fewell	11:45am Monday – Friday

Thanksgiving Historical Time Line

The Pilgrims landed in the New World in December 1620. In the face of harsh weather and inadequate supplies, half the settlers died before winter ended. Historians say had it not been for local Indians who gave the settlers food and taught them how to plant corn, the entire colony might have perished. After their first successful harvest in the fall of 1621, the colonists declared a day of thanksgiving.

- The Pilgrims entertained 92 Indian guests. The first Thanksgiving started as a breakfast, and the festivities continued for three days. Boiled eel, lobster, roast pigeon, and stuffed cod were served at the meals. The Indians brought turkeys, pumpkins, corn, sweet potatoes, and cranberries. The Pilgrims had their first taste of popcorn which was given to them by the Indian brave, Quadequina, brother of Chief Massasoit.
- George Washington proclaimed November 26, 1789 to be Thanksgiving Day. It was a day of public thanksgiving and prayer.
- Over the next 74 years, people all over the U.S. celebrated their thanksgiving at different times.
- In 1863, President Lincoln re-established the holiday as a way to create a unified national culture in the face of Civil War, beginning on the last Thursday in November 1864.
- In 1939, President Roosevelt moved the celebration one week earlier to lengthen the shopping time before Christmas.
- In 1941, Congress proclaimed the fourth Thursday of November to be the federal holiday of Thanksgiving starting in 1942.

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Funding provided by Title III (Older Americans Act) and donations.

Rock County COA is an equal opportunity provider.

No eligible person will be denied a meal because of inability to make a donation.

*** Rock County Nutrition Program cannot assume any liability for adverse reactions to food consumed. Nutrition Program food should not be consumed by persons with severe allergies or dietary restrictions. ***