



All Meals include White or Low-Fat Chocolate Milk. Lactose Free available by Request.

July 2026

Richland County Senior Dining

Monday	Tuesday	Wednesday	Thursday	Friday
Comments, Questions or Concerns Please call the Nutrition Program at 608-647-4616 Reservation Required please call 1 business day prior.		1 Roasted Pork Mashed Potatoes w/Gravy Baby Carrots Tropical Fruit WW Roll	2 Grilled Brats on Bun Baked Beans Potato Salad Watermelon Cookie	3 Closed Independence Day
6 Chicken Ala King w/Veggies Biscuit Broccoli Spears Plum	7 Ham, Egg, & Cheese Bake Cubed Hash browns Mandrin Oranges Muffin	8 Kielbasa w/Kraut Baby Red Potatoes Calico Beans Mixed Fruit WW Roll	9 Swedish Meatballs Mashed Potatoes w/Gravy Beets Peaches WW Roll	10 Baked Cod w/Tartar Sauce Baked Sweet Potato Cut Green Beans WW Roll Chocolate Cake
13 Philly Steak & Cheese Bake Peas & Carrots Pineapple Tidbits WW Roll	14 Chicken Alfredo Broccoli Florets Garlic Toast Mandrin Oranges	15 Honey Glazed Ham Scalloped Potatoes Crinkle Cut Carrots Pears WW Roll	16 Beef Stew Biscuit Brussel Sprouts Apple Crisp	17 <i>Rockbridge Closed</i> Pulled BBQ Pork on a WW Bun Loaded Mashed Potatoes Baked Beans Apple Slices
20 Hamburger on Bun Lettuce, Tomatoes, Onions Roasted Potatoes Creamed Peas Lemon Bar	21 BBQ Ribs Lyonnaise Potatoes Buttered Lima Beans Apricots WW Roll	22 Boneless Chicken Thighs Dressing Gravy Squash Orange	23 Meatloaf Au Gratin Potatoes Mixed Vegetables Tropical Fruit WW Roll	24 Baked Cod w/Tartar Sauce Baked Potato w/Sour Cream Broccoli Peaches WW Roll
27 Salisbury Steak Mashed Potatoes w/Gravy Carrots Pears WW Roll	28 Italian Penne Pasta California Blend Veggies Garlic Bread Stick Fruit Cocktail	29 Ring Bologna Monterey Mac-N-Cheese Lettuce Salad w/Dressing WW Roll Banana	30 Goulash w/Kidney Beans Cut Green Beans Chunky Apple Sauce Corn Bread	31 Tuna Salad on WW Bread Carrot & Celery Sticks Apple Slaw Cookie

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 and thus cannot offer a substitution item.

Richland County Meal Sites

Germantown 608-983-2786/608-983-2798
 Richland Center 608-647-2323
 Rockbridge 608-649-3269/608-647-3900