

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

October 2026

Richland County Senior Dining

Senior Dining



Fellowship, Food & Fun

Monday	Tuesday	Wednesday	Thursday	Friday
Richland County Meal Sites Germantown 608-983-2786/608-983-2798 Richland Center 608-647-2323 Rockbridge 608-649-3269/608-647-3900 Reservation Required Please call 1 business day prior.			1 Ring Bologna Garlic Roasted Potatoes Red Cabbage Pears WW Roll	2 Chicken Casserole w/Spinach Diced Carrots Fruit Cocktail BB Brownie
5 Meatballs w/Mushroom Gravy Mashed Potatoes Green Beans Peaches WW Roll	6 Liver & Onion or Beef Patty Roasted Potatoes Calico Beans Banana Rye Bread	7 Pork Loin Mashed Potatoes w/Gravy Carrots Tropical Fruit WW Roll	8 Meatloaf w/Lentils Au gratin Potatoes Mixed Vegetables Applesauce WW Roll	9 Baked Fish w/Tartar Sauce Broccoli Baked Sweet Potato Pears WW Roll
12 Stuffed Chicken Breast w/Broccoli & Cheese Rice Pilaf Hot Beets Pineapple	13 Beef Tips w/Gravy Mashed Potatoes Stewed Tomatoes Peaches WW Roll	14 Baked Boneless Chicken Dressing w/Gravy Glazed Carrots Cranberries	15 Lasagna Broccoli Cottage Cheese & Peaches Garlic Bread Stick	16 Rockbridge Closed Pulled BBQ Pork on WW Bun Baked Beans Roasted Potatoes Mandarin Oranges
19 Hamburger Steak Mashed Potatoes w/Gravy California Blend Veg. Peaches WW Roll	20 Pork Ribs w/Kraut Redskin Potatoes Navy Beans w/Bacon Apricots WW Roll	21 Spaghetti w/Meat Sauce Lettuce Salad w/Drsg Green Beans Banana Garlic Toast	22 Chunky Chicken Gumbo Broccoli Spears Apple Slices WW Roll	23 Baked Fish w/Tartar Sauce Baby Carrots Baked Potato w/Sour Cream Tropical Fruit WW Roll
26 Hamburger Stroganoff Peas & Carrots Fruit Cocktail WW Roll	27 Sloppy Joe on WW Bun Winter Blend Mandarin Oranges	28 Chicken Ala King Biscuit Mashed Potatoes Brussel Sprouts Peaches	29 Closed Due to Training	30 Goulash w/Beans Buttered Corn Fruit Cup Halloween Treat

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.

Comments, Questions or Concerns Please call the Nutrition Program at 608-647-4616

