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

November 2026

Richland County Senior Dining

Senior Dining
Fellowship, Food & Fun

Monday	Tuesday	Wednesday	Thursday	Friday
2 Salisbury Steak Mashed Potatoes w/Gravy Cut Green Beans Peaches WW Roll	3 Ham, Egg, Cheese, & Spinach Bake Cubed Hashbrowns Mandarin Oranges Blueberry Muffin	4 Monterey Chicken Breast w/Tomatoes Brown Rice Mixed Vegetables Pineapple Tidbits	5 Roast Pork Loin Mashed Potatoes w/Gravy Carrots Tropical Fruit WW Roll	6 Tuna Casserole Italian Blend Veggies Apple Slaw BB Brownie
9 Chicken Ala King California Blend Veggies Fresh Fruit Biscuit	10 Kielbasa w/Sauerkraut Roasted Potatoes w/Peppers & Onions Mixed Fruit WW Roll	11 **CLOSED** 	12 Italian Pasta Bake Broccoli Tropical Fruit Garlic Bread Stick	13 Baked Cod w/Tartar Sauce Sweet Potato Green Beans Apple Crisp WW Roll
16 Baked Ham Scalloped Potatoes Mixed Vegetables Pineapple Tidbits WW Roll	17 Beef Stew Brussel Sprouts Banana Biscuit	18 Pork Chop Baked Potato w/Sour Cream Carrots Pears WW Roll	19 Meatloaf Au Gratin Potatoes Stewed Tomatoes Tropical Fruit WW Roll	20 **Rockbridge Closed** Chicken Chilli w/crackers Broccoli Apple Slices Corn Bread
23 Hamburger on WW Bun Lettuce & Tomato Red Skin Potatoes California Blend Veggies Fruit Cocktail	24 BBQ Ribs Lyonnaise Potatoes Green Beans Apricots WW Roll	25 Roast Turkey Dressing w/Gravy Squash Cranberries Pumpkin Pie	26 **CLOSED** 	27 **CLOSED** 
30 Pork Fried Rice w/Mixed Veggies Pineapple Veggie Egg Roll Fortune Cookie		**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.**		

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

ADRC
Aging and Disability Resource Center of Eagle Country