

# September 2022

Reedsville Dine In and Reedsville, Whitelaw, St. Nazianz and Valders Home Delivered Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31	1	2
<b>IMMUNE BOOSTING FOODS OF THE MONTH</b>	<i>White Potatoes: Contain vitamin C, potassium, and fiber, along with other essential vitamins and minerals which contribute to overall health.</i>		Shepard's Pie Brussel Sprouts Carrot Raisin Salad White Bread Rice Krispie Bar	
5	6	7	8	9 Patriot's Day
Closed - Labor Day	Cheesy Turkey Broccoli Rollups Mashed Potatoes & Gravy Winter Blend Veggies Rye Bread Chocolate Pudding Torte		French Bread Pizza Romaine Salad Country Blend Veggies Banana	
12	13	14	15	16
Taco Bake Casserole Refried Beans Corn WW Bread Golden Salad	Meatballs & Gravy Mashed Potatoes Green Beans WW Bread Strawberries Angel Food Cake		Chili Chicken Salad Croissant Broccoli Cauliflower Salad Warm Applesauce Berry Cheesecake	
19	20	21 First Day of Fall	22	23
Chicken Pot Pie Dish Hot Vegetable Cucumber Spears WW Bread Cherry Cake	Turkey Noodle Casserole Winter Squash Grapes Chocolate Chip Cookie		Cabbage Roll Diced Sweet Potatoes Broccoli WW Bread Fresh Fruit	
26	27	28	29	30
<u>National Dumpling Day</u> Turkey Dumpling Soup Egg Salad on Rye Pickled Beets Warm Applesauce Oatmeal Bar	Baked Mostaccioli in Meat Sauce Mixed Veggies Fruit Salad Black Bean Brownie		Sloppy Joe on WW Bun German Potato Salad Baked Beans Fresh Fruit	
3	4	Notes	Suggested meal cost donation is \$6.00. Actual cost is \$10.00	
*Contains nuts. Please note, our kitchen is NOT a nut-free facility.				

# Senior Nutrition Program –Manitowoc County

## Dining Locations, Days and Meal Times

To make a **reservation** or cancel a meal please contact the ADRC of the Lakeshore at 920-683-4180 or 1-877-416-7083 (toll free) **no later than I am the day before.** We are charged for all meals ordered so please cancel promptly. Suggested donation is \$6.00. Actual cost is \$10.00. Menu is subject to change. No eligible person will be denied a meal because of inability to donate.

### **Kiel – 920-894-7861**

Monday through Friday – 11:30am  
Kiel Community Center  
510 Third St. Kiel

### **Manitowoc – 920-683-4384**

Monday through Friday – 11:30am  
Manitowoc Senior Center  
3330 Custer St. Manitowoc  
Do not need to be a Senior Center member to join us for this meal

### **Reedsville**

Monday, Tuesday, Thursday– 11am  
Reedsville Manor Apts  
431 Madison St. Reedsville

### **Two Rivers – 920-793-5596**

Monday through Friday – 11:30am  
Two Rivers Senior Center  
1520 17<sup>th</sup> St. Two Rivers  
Do not need to be a Senior Center member to join us for this meal

**Closed major holidays.  
Menu may be subject to change  
without notice.**

## Home Delivered Meals

If you are receiving home delivered meals and need to cancel a meal delivery please contact the ADRC of the Lakeshore at 920-683-4180 or 1-877-416-7083 (toll free) **no later than I am the day before.** When a meal is undeliverable we will try to make contact with you or your emergency contact. If neither answer the police dept. will be contacted to check on you. We are charged for all meals ordered so please cancel promptly. Suggested donation is \$6.00. Actual cost is \$10.00. No eligible person will be denied a meal because of inability to donate. If you want more information about the home delivered meal program please contact the ADRC of the Lakeshore at 920-683-4180 or 1-877-416-7083 (toll free).

### **Kiel Home Delivered Meals**

City of Kiel and rural Kiel area

- Monday through Friday

### **Manitowoc Home Delivered Meals**

City of Manitowoc

- Monday through Friday
- Rural Cleveland – Thursday-hot/frozen meals

### **Reedsville Home Delivered Meals**

Village of Reedsville, Whitelaw, St. Nazianz, Valders and surrounding area

- Monday, Tuesday, Thursday-hot/frozen meals

### **Two Rivers/Mishicot Home Delivered Meals**

City of Two Rivers, Mishicot, Maribel, Kellnersville, Francis Creek and surrounding area

- Monday through Friday