



Prime Time News

September 2015 **Fitchburg Senior Center**
Volume V Issue 9

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**CLOSED SEPT. 7—
LABOR DAY**

Flu Shots Oct. 16
Mark your calendars for an easy in & out flu shot on Friday, October 16 from 9—11:00 a.m. in the lower level of the Senior Center. Home Health United vaccination is \$31 for injection, Medicare B/Medicaid accepted as payment. You will need to present your card. \$33 for intranasal.



Dance for Dementia! Saturday, September 19th, 2015

Dementia Friendly Fitchburg will be partnering with Gold's Gym in Fitchburg to help raise awareness and funds for this initiative!

Where: Gold's Gym, 2920 Hard Rock Rd. Fitchburg
Time: 12:00pm-5:00pm (registration begins at 11:30am)
Cost: \$10 Proceeds support Dementia Friendly Fitchburg



Enjoy WERQ (hip hop & Zumba fusion), & Zumba (Latin Inspired) dance classes. Once you are registered, you can come and go as you please! Swag and raffles included! For more details, please call Mandi at 270-4293.



Thank You Sponsors!

Living with Alzheimer's



The diagnosis of Alzheimer's disease is life changing and leads to many questions. What will this mean for me and my family? How do I plan for the future? Where can I get the help I need? Please join us and the Alzheimer's Association for this 3-part series and have a chance to hear from others who have been where you are. This series is intended for those with the diagnosis. Care partners are welcome and will be invited to participate in a different group at the same time.

September 30, October 7, and October 14 6:00 p.m.-8:00 p.m.
Advanced registration required. Call Bonnie at 608-203-8500.

Downsizing Made Easy



Join us for "Downsizing Made Easy" on Thursday, September 17 from 1:00-3:00 p.m. at the Senior Center. The five areas that will be covered are: 1. Create a plan that fits your lifestyle; 2. Communicate with your family and friends; 3. Surround yourself with qualified professionals; 4. Dealing with a house full of possessions; 5. Celebrate your new lifestyle.

Speakers include Ruth Domack, First Weber; Lori Peppard, Seques; and Carrie Kirkpatrick, A Place for Mom. All speakers are experienced professionals working with older adults to help them transition to new housing. Please register through the Fitchburg Senior Center by calling 270-4290.



HOT OFF THE PRESS!



What's It Worth?



Come to the Fitchburg Library to have one item appraised, or just to watch this entertaining program! Examples of accepted items include fine art, costume jewelry, glassware, toys, clocks, and musical instruments.

Registration for appraisals is required. Please call 608-729-1763 or stop by the Library. Sunday, October 4 at 1:30 p.m. A co-sponsored program between the Fitchburg Senior Center and Fitchburg Library.

Learning Annex—FACTV

Tuesday, September 15, at 2:00 p.m.

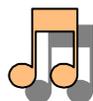
Did you know the City of Fitchburg has its own TV Station? Fitchburg Access Community Television or FACTV has been around since the late 80's and has been providing the community programming, education, and other services to the community. Come learn about FACTV, what services and programs they provide, and how you can become a part of our station.



Surgical Decision Making

Join Dr. Gretchen Schwarze for a discussion about surgical decision-making. Dr. Schwarze is an Associate Professor in the Division of Vascular Surgery at the U.W. Topics will include her current and past research efforts in improving doctor and patient communication, making difficult medical decisions, and questions to ask your doctor when considering surgery.

Fitchburg Singers Starting Soon!!



Join this wonderful group of men and women who love to share their joy of singing. Singers frequently entertain at various locations in Dane County. Practices held the 1st & 3rd Wed. at 1pm. **First practice is Sept. 2!** From beginner to professional, all voices welcome!! Sign up not required.

Coffee with a Cop

Topic: Body Cameras



Stop by the Senior Center at 9:30 a.m. on **Friday, Sept. 14** to have your morning coffee with a Fitchburg Police Officer. The topic for this visit will be body cameras and whether Fitchburg Police Officers will be wearing them in the future. There is no need to sign up.



Fitchburg Spry Society

For those experiencing mild cognitive impairment, the Fitchburg Spry Society will offer a comfortable way to socialize with others while engaging in a variety of activities.

Group will meet at the Fitchburg Library on Fridays from 10:30 a.m.-12:00 p.m., Sept. 11 - Nov. 20. For information and registration, please call Bonnie at the Alzheimer's Association. 608-203-8500

UW Ext. Nutrition w/ Tonia



Topic: Food Safety Month! Learn new food safety tips and how to keep your food safe. Join Tonia from the UW Extension Nutrition Program on **Thursday, Sept. 24 at 11:30 a.m.**

Groups/Learning

Men's Group

Join us for our next meeting on
Tuesday, **September 8 at 2:00 p.m.**

For more info log on to:
www.fitchburgseniorcenter.com
and click on Men's Group on the left side.

Active Women's Group

Join us for our next meeting on
Tuesday, **September 22 at 2:00 p.m.**

For more info log on to:
www.fitchburgseniorcenter.com
and click on Active Women's Group on the
left side. Meet at the Senior Center.

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katz.dawgz54@gmail.com

Tech Education

Apps W/ FACTv Is Back!

It's been since November 2014 that FACTv has offered an apps class! In this program you will learn how to use the App Store for Apple Products, how to download apps, and go over the top 2015 apps currently trending in the world. If you have questions about how apps work, this class is for you. Sign up now. FREE.

Thursday, Sept. 24 from 10:00 a.m.-12:00 p.m.



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Fitchburg Senior Center Energy Task Force Team

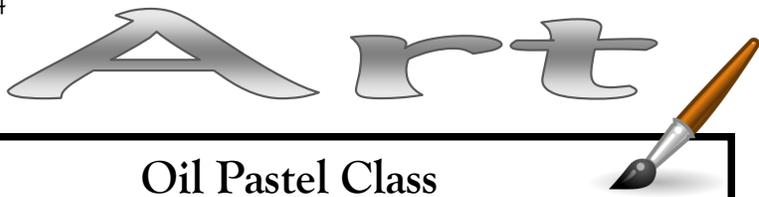
Who are we? A group of volunteers who are available to provide Fitchburg Seniors with energy-saving measures.

What can we do for you? Volunteers can make simple but effective changes in your home: changing furnace filters, **cleaning refrigerator coils starts this September (call now)**, removing old paint, no throw-away light bulbs, and batteries.

Making Connections! The Task Force Team will also be able to identify possible resources for further improvement through Focus on Energy, MG&E and others. Referrals can be established by our team!

Is there a cost? No; however, donations are welcomed and appreciated.

Call to make an appointment today. 270-4292



Oil Pastel Class

Tuesdays starting Oct. 13. 1:00-4:00 p.m. Learn about the different materials, and techniques when using Oil Pastels. During each class you will learn new techniques and have time to work on the project of your choice with individual help as needed. **Cost:** \$145.00 for eight classes, \$25.00 for individual classes, or use my supplies at \$30.00 per class. Supply list will be sent when you sign up for the class. Call instructor Mary McCormick-Wixon at 347-474 to register.



Cards With Katie

Join us for an afternoon of paper crafting on **Monday, September 14 at 1:00 p.m.** Stamp - cut - punch - glue - and have fun playing with paper. For more details go to www.StampLadyKatie.com or log on to the Senior Center webpage. Cost \$10.

Payment to instructor day of class. 270-4290



Acrylic Art—Fall Session

This September, artist and teacher Nancy Macgregor is back to teach Acrylic Painting. She will instruct beginners and returning students in new methods for mixing colors and exploring limited palette combinations. The cost is \$115.00 for seven weeks, **Thursday mornings Sept. 10 to Oct. 29, from 9:30 a.m. to 12:00 p.m.** To register, e-mail Nancy at nancymac@copper.net or call: 608-824-0038. She will send you an art supply list and answer any questions.

Coming In October.....

**Credit/debit card security
w/ Summit Credit Union—Don't
Miss it!**



Focus On Health

Healthy Living with Diabetes



The Fitchburg Senior Center is pleased to be offering another session of the six-week self-management workshop series, *Healthy Living with Diabetes*. Sessions go 2 ½ hours each and are led by two trained facilitators, at least one of whom is living with diabetes. The workshops help adults with type 2 diabetes or pre-diabetes increase their self-management skills in nutrition, exercise and medication, and their confidence in managing their diabetes.

The class is limited to 15 participants and will run on **Wednesdays from 1:00 – 3:30 p.m. starting on September 16.** \$20 deposit for text book. To register, or if you have further questions, please contact Sarah Folkers at 270-4294.

Funeral Pre-Planning Overview

Presented by Gunderson Funeral Home

**Wednesday, September 2 at 1:00 p.m. at
the Senior Center.**

It's never too early to start the process of planning ahead. Don't leave it to your kids!



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REACH Book Club



REACH Book will resume on September 10, 2015. We will discuss the book, *A Yellow Raft in Blue Water* by Michael Dorris. "Michael Dorris has crafted a fierce saga of three generations of Indian women, beset by hardships and torn by angry secrets, yet inextricably joined by the bonds of kinship. Starting in the present day and moving backward, the novel is told in the voices of the three women: fifteen-year-old part-black Rayona; her American Indian mother, Christine, consumed by tenderness and resentment toward those she loves; and the fierce and mysterious Ida, mother and grandmother whose haunting secrets, betrayals, and dreams echo through the years, braiding together the strands of the shared past." Discussion questions available in David's office.

October— *The Invention of Wings* by Sue Monk Kidd

November— *Where'd You Go, Bernadette* by Marie Perle

December— *Mrs. Lincoln's Dressmaker* by Jennifer Chiaverini

Complete list for the year available in David's office or the August issue of *Prime Time News*. REACH Book Club meets the 2nd Thursday of each month, September thru June at the *Fitchburg Senior Center* at 1:30 p.m. All are welcome. The only requirement is a love of books and a willingness to discuss them.

The *I Love a Mystery Book Club* will meet at the Fitchburg Senior Center at 1:30 p.m. on Thursday, September 24, 2015 (the 4th Thursday). We will discuss the book, *In the Woods* by Tana French. "Detective Rob Ryan and his partner, Cassie Maddox, investigate the murder of a 12-year-old girl near a Dublin suburb. The case resonates with similarities to a murder committed twenty years before that involved two children and the young Ryan."



PLATO - Novels Old and New

1:00-3:00 p.m.



September 21 and 28

The Circle by Dave Eggers

October 5 and 12

My Name is Asher Lev by Chaim Potok

October 19

The Sound of Things Falling by Juan Gabriel Vasquez

October 26 and November 2

Whiter Than Snow by Sandra Dallas

November 9

The Best Exotic Marigold Hotel by Deborah Moggach (also known as These Foolish Things)

November 23

The Moon is Down by John Steinbeck

For more information and registration for PLATO contact:

Louise Fowler

Phone: 608-262-5823

Email: plato-slp@dcs.wisc.edu



PLATO - William Faulkner

On Fridays, 10:00 a.m. -12:00 p.m., from Sept. 25 to Dec. 4 (excluding Nov. 27,) a PLATO (Participatory Learning and Teaching Organization) class will meet to discuss readings from some of the novels and non-fiction of Nobel Prize in Literature recipient (1949) William Faulkner (1897-1962) at the Fitchburg Senior Center. Les Beecher, retired English teacher, will guide the discussion. Faulkner's writings are set in his contemporary American South, Mississippi, and explore race, gender, and geography as they affect the human heart and psyche.

And Then There Was One...

A Guide for End of Life Preparedness

Wednesdays, Sept. 30 & Oct. 7 -1:00-3:00 p.m.



They had been married for 30 years. Her husband, died beside her in bed. She knew nothing of their finances, did not know his funeral wishes, had no idea where the paperwork would be. A 258 page workbook guide called **And Then There was One** was written by Charlotte Fox to help people avoid the struggles she had.

This guide includes over 70 checklists and forms providing a road map through the planning process. Guest presenters include a lawyer, banker and Hospice. The workbook is optional at a cost of \$30. Advance sign up required. Please call the Senior Center at 270-4290

Sylvan Crossings Of Fitchburg

Come hear about the new advances in assisted living.

Ryan Wagner, Resident Care Manager of Sylvan Crossings, will provide a wide array of options available to you before making that critical decision.

Wednesday, Sept. 16 at 1:00 p.m. FREE

Games & Movie

Drop-In Activities!!!!

Dominos—2nd & 4th Mon. @ 1:00 p.m.

Social Bridge—Mon. @ 10:00 a.m.

Paint/Draw Studio—1st & 3rd Mon. @ 1:00 p.m.

Euchre—1st & 3rd Tues. @ 12:45 p.m.

Mahjong—1st Tues. @ 1:00 p.m.

Bingo—Thurs. @ 12:30 p.m.

Sheepshead—Thur. @ 1:00 p.m.

Scrabble— Fri. @ 2:00 p.m.

Euchre—1st & 3rd Tues. @12:45

Bunko—Wed. @1:00 p.m.



\$20 Blackout Bingo!! Sept. 10

Special sponsor, Avalon Senior Living. Ice Cream Social to celebrate National

Assisted Living Month!

\$20 jackpot!

Game begins promptly at 12:30 p.m.



Movie Day—Still Alice

89% Rating by Rotten Tomato!
Join us on Friday, September 18 at 12:40 p.m. Free popcorn!!!!

Don't Forget!

For weekly updates, visit our web page at www.fitchburgseniorcenter.com and then click on the You Tube link to our channel to view "What's Happening at the Fitchburg Senior Center."



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Exercise Opportunities



Bike Club

If you are interested in joining others on weekly bike rides starting and finishing from the Senior Center, call David at 270-4292 to find out more.

Wednesdays 10:00 a.m. start.



Aerobics With Diane Fronek

Diane teaches Mondays and Wednesdays at 9:45 a.m.; Fridays at 8:30 a.m. is Diane on video. Class focuses on cardio, strength, and flexibility. Cost is \$20 per month.



Functional Fitness

Monday, Wednesday and Friday from 11:00-11:30 a.m. Class is chair-based and focuses on strength, range of motion and balance.

Cost is \$10 per month.



Yoga W/ Kurt—Fall Sessions

Sept. 14—Oct. 26. \$49—Seven weeks

Level one: 10:45 a.m.—12:00 p.m.

Level two: 9:15—10:30 a.m.

Call 270-4290 to register and pay

Tai Chi Thursdays 8:30 a.m.

Cost—\$2 drop-in. Pay instructor. Beginners welcome.



Zumba Gold w/ Jackie

The next eight-week session starts Friday, October 9. 10:00—10:45 a.m. Cost is \$44. Payment due upon sign up. Make checks payable to the Senior Center. 270-4290



Pickle Ball

Every Tuesday from 9:00 a.m. to 3:00 p.m. in the upper level Oak Hall Room. Most players arrive between 9-10:30 a.m. Free! No sign up required! One tennis court is now lined at Swan Creek for outdoor play!



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Transportation Services ^{P.8}

Meals—\$1 round-trip. Transportation provided to and from the Senior Center by Transit Solutions. Call the Senior Ctr. at 270-4290 to schedule a ride. Please indicate if wheelchair lift is needed.

Shopping—\$3.00 round-trip. Provided by Transit Solutions for general and grocery shopping on Tuesdays and Fridays. Call the Senior Center to schedule a ride. Check calendar for trip destinations.

Medical Appointments—Cost is a donation. Transportation provided by RSVP volunteer drivers. Call the Senior Center at 270-4290 **at least 5 business days in advance** to schedule a ride.

Shuttle Service— This service is used for **medical ride requests that require wheelchair transport**. Requested donation is \$10 round-trip. Call 270-4290 **3 business days in advance** to schedule a ride. Subsidy for this transportation is provided by FSC Friends.

Health, Help & Renewal

Footcare/Fingernail

—Home Health United. Offered 2nd & 4th Wednesday of each month. Cost is \$20 & \$10. Call the Center for an appointment. **Must provide 2 towels.**

Pre and Diabetic Footcare

September 18

The cost of this clinic is \$28. Please call 270-4290 to schedule an appointment.

Blood Pressure—

Ruth Mueller, R.N. B.S. Offered at no charge the third Thursday of each month 10:30-11:30 a.m. No appt. needed.

Massage Therapy

June Newman
LMT,NCTMB.

Mon./Thurs.
Afternoons

Massage/Reflexology

Gregory Newman
LMT,NCTMB.

Wed. Afternoons

Caregiver Support

Thurs. Sept. 10 at 10:00 a.m.

Massage Therapy

Megan Markey
Friday Mornings

Cost:

\$25 for 30 min.
\$45 for 60 min.
\$65 for 90 min.

Sign up at
270-4290.

Cancellations must be made 24 hrs in advance to avoid being charged.

Social Services

Senior Center Help

- ◆ Home visits
- ◆ Loan Closet
- ◆ Meals on Wheels
- ◆ Home Health
 - ◆ Insurance
- ◆ Medicare/Part D
 - ◆ Medicaid
- ◆ **Call Amy Jordan or Sarah Folkers at 270-4290 today!**

Acupuncture with Matthew Wagner,
Friday afternoons.

One hour sessions \$45.
Call 270-4290 to schedule an appointment.



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FSC 2016 Travel Planning



Please attend the **September 16 Travel Show** at FSC and help us decide which trips to support for 2016.

Motor coach tours to Copper Harbor and the Apostle Islands, Washington D.C. during cherry blossom time, and a value tour to the Gulf Shore Breezes will be presented. In addition, previews of trips to Spain, Portugal, the Canadian Rockies and Glacier National Park, and the Romantic Rhine and Mosel River Cruise will be made by travel company staff.

Based on your input, final selections of tours for 2016 travel will be made so please try to attend!

The Travel Show will be held in the FSC Dining Room from 2:00-4:00 p.m.

Avalon Assisted Living Community invites you

Around the World

As we get lost in the music from Madison Symphony Orchestras' traveling string quartet, **HeartStrings**.

All are welcome to this Free Event!
RSVP to Sarah at (608) 274-4350.

Wednesday, September 9th at 1:30 p.m.
2879 Fish Hatchery Rd, Fitchburg, WI 53713
www.avalonalcommunity.com



2015 Newsletter Subscription \$10

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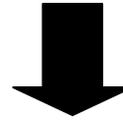
City & Zip: _____

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The cost to have the *Prime Time*, the Senior Center's monthly newsletter, delivered to your home for the year 2015 is \$10. Please complete this form and return it with payment to the Senior Center. Checks should be made out to the Fitchburg Senior Center. You can also pickup the newsletter for free or have it emailed to you. Call Dave for details.

Fitchburg Senior Center Friends News

Save the Dates



Labor Day Weekend-September 5, 6 & 7.

Fitchburg Senior Center Friends Directors and volunteers will be serving **FREE** ice cream at the Eplegaard's Old Fashioned Ice Cream Social. Family fun for everyone! Your donations will go to support the "Sunday Sharing Meals Program" This program provides meals on Sunday at times throughout the year for isolated and those in need seniors in our community. Volunteers pick up and drive those needing transportation to the Senior Center. Originally funded by a grant, the donations will be used to ensure that this vital program will continue to serve those who look forward to this opportunity to meet other seniors and share a Sunday meal.

Grandparent's Day-September 13, FSFC Directors and volunteers will be at the Eplegaard Snack Shack. Come celebrate a **multigenerational day** of fun for **everyone**. Specials for grandparents who bring their sons and daughters and grand children to the orchard. Bring the whole family for a picnic snack before and after picking your favorite apples.

Thanks to Betty and Vern Forester for their support of our fundraising efforts.

Mark your calendars for our 1st Annual Fall Festival on October 1. Hours are from 3:00 p.m. to 6:30 p.m.

Music will be provided by Patricia Stone and The Blue Accordion. Patricia will play music, sing and will get you to dance to your favorite polka. Plan to come and enjoy good food, good music and good fun for the afternoon. If you plan on being at the Farmer's Market, come up the hill to finish off your day.

Thank you Fitchburg!

Fitchburg Senior Center
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Fitchburg, WI 53711
608-270-4290

www.fitchburgwi.gov



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Mandi Miller, Nutrition Site
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Amy Jordan, Social Worker
Sarah Folkers, Social Worker
Susan Hoerchner, Office Asst.



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Estate Planning and Administration
Elder Law and Special Needs Planning

September 2015

Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																					
	1 8:30 AM Quilters 9:00 AM Pickleball 9:30 AM Shop-Walmart 12:45 PM Euchre 1:00 PM Mahjong	2 8:30 AM Aerobics 9:45 AM Aerobics 10:00 AM Bike Club 11:00 AM F-Fitness 1:00 PM Bunko 1:00 PM Funeral Pre-Planning 1:00 PM Singers	3 8:30 AM Tai Chi 10:00 AM FSC Friends 12:30 PM Bingo!! 1:00 PM Sheepshead	4 8:30 AM Aerobics 10:00 AM Zumba 11:00 AM F-Fitness <u>11:00 AM Shop - Copps/Maple Grove</u> 2:00 PM Scrabble																																																																																																					
CLOSED Labor Day	8 8:30 AM Quilters 9:00 AM Pickleball 9:30 AM Shop-Woodmans 10:00 AM Hookers 10:45 AM Library Shuttle 2:00 PM Men's Group	9 8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 10:00 AM Bike Club 11:00 AM F-Fitness 1:00 PM Bunko	10 8:30 AM Tai Chi 10:00 AM Caregiver Support 12:30 PM Bingo!! 1:00 PM Sheepshead 1:30 PM Book Club	11 8:30 AM Aerobics 10:00 AM Zumba 11:00 AM F-Fitness 2:00 PM Scrabble																																																																																																					
14 8:30 AM Aerobics 9:00 AM Yarn Group 9:30 AM Coffee w/ a Cop 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Dominos	15 8:30 AM Quilters 9:00 AM Pickleball 9:30 AM Shop-Target 12:45 PM Euchre 2:00 PM Learning Annex	16 8:30 AM Aerobics 9:45 AM Aerobics 10:00 AM Bike Club 11:00 AM F-Fitness 1:00 PM Bunko 1:00 PM Singers 2:00 PM Travel Preview Show	17 8:30 AM Tai Chi 10:30 AM Blood Pressure 12:30 PM Bingo!! 1:00 PM Downsizing Made Easy 1:00 PM Sheepshead	18 8:30 AM Aerobics 10:00 AM Zumba 11:00 AM F-Fitness <u>11:00 AM Shop-Copps/Fish Hatchery</u> 12:40 PM Movie Day 2:00 PM Scrabble Diabetic Footcare																																																																																																					
21 8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Open Art 1:00 PM Surgical Decisions	22 8:30 AM Quilters 9:00 AM Pickleball 9:30 AM Shop-HyVee/Aldis 10:00 AM Hookers 2:00 PM Women's Group	23 8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 10:00 AM Bike Club 11:00 AM F-Fitness 1:00 PM Bunko	24 8:30 AM Tai Chi 11:30 AM U.W. Nutrition -TODAY 12:30 PM Bingo!! 1:00 PM Sheepshead 1:30 PM Mystery Book Club	25 8:30 AM Aerobics 10:00 AM Zumba 11:00 AM F-Fitness 2:00 PM Scrabble																																																																																																					
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September 2015

Senior Dining



Fellowship, Food & Fun

	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
<p>Reservations <u>must</u> be made by 12:00 the day before by calling 270-4290</p> <p>*Meal has pork product</p>	<p>*Brat/Bun Sauerkraut Chunky Applesauce Cookie VO-Veggie Dogs</p>	<p>Turkey Roast Mashed Potato/Gravy California Blend Peach Slices W.W. Bread Cake VO- Veggie Lasagna</p>	<p>Chicken Kiev Red Potatoes Green Bean Cass. Tropical Fruit Salad Dinner Roll Chocolate Cream Pie V.O. Green Bean Soy Casserole</p>	<p>Hamburger on Bun Lettuce/Onion Corn Pear Slices Ice Cream Cup VO-Veggie Patty</p>
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
	<p>Meat Sauce Spaghetti Noodles Parmesan Pkt Buttered Peas Mandarin Oranges Garlic Bread. VO-Soy Meat Sauce</p>	<p>Chicken Broccoli Rotini Salad V-8 Juice Fresh Fruit Dinner Roll VO-Cheese Broccoli Rotini Salad</p>	<p>Beef ~N~ Potato Casserole Carrots Apple Juice Rye Bread Cherry Crisp VO-Soy Noodle Cass.</p>	<p>Baked Fish Rice Pilaf Broccoli Peaches W.W. Bread Jell-O w/Topping VO- Rice Pilaf w/Soy</p>
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
<p>Pizza Casserole Italian Green Beans Grape Juice Multi Grain Bread Ice Cream Cup VO- Soy Casserole</p>	<p>*Ham Slice Yams Mixed Vegetables Banana Multi Grain Bread VO- Hummus Wrap</p>	<p>Chicken Salad on W.W. Bun w/Lettuce German Cucumbers Fresh Orange Cookie VO- Cheese Sandwich</p>	<p>*Roast Pork w/Gravy Mashed Potatoes Corn Fruit Cocktail W.W. Bread Pudding VO-Veggie Patty</p>	<p>*Chicken Cordon Blue Herbed Potatoes Green Bean Cass. Small.Croissant Cheese Cake w/Strawberry V.O. Veggie Patty</p>
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
<p>Meat Sauce over Spaghetti Noodles Carrot & Peas Peach Slices Garlic Bread Parmesan Pkt VO-Soy Meat Sauce</p>	<p>Tomato Barley Soup Crackers *Ham & Swiss Med. Croissant w/Lettuce Leaf Fresh Apple Bar VO- Cheese on Rye</p>	<p>Chicken Ala King Over Biscuit Green Beans Fruit Cocktail Cookie VO-Veggie Ala King</p>	<p>Three Cheese Lasagna California Mix Veg Pear Slices Bread Stick Sherbet</p>	<p>Roast Beef/Gravy Red Potato Roasted Vegetables Banana W.W. Bread VO-Veggie Patty</p>
Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Salad Option Thursdays
<p>*Augratin Potatoes w/Diced Ham Mixed Vegetables Fruit Cup Multi Grain Bread Choc. Ice Cream VO-Augratin w/Soy Meat</p>	<p>Chicken Macaroni Salad Three Bean Salad Fresh Orange W.W. Roll Cookie VO-Pasta Salad w/Cheese</p>	<p>Pork Roast/Gravy Mashed Potatoes Roasted Root Veg. Chunky Applesauce W.W. Roll Lemon Bars V.O. Veggie Dogs</p>	<p>BBQ Chicken Baked Potatoes w/Sour Cream Capri Mix Veggie Apricots Half W.W. Bread VO-Scalloped Potatoes w/Soy Meat</p>	<p>3rd - Chef 10th - Taco 17th - Garden 24th - California Cobb 31st - Spinach (Salads are dine-in only)</p>

Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION