

Congregate Meal Sites	Address	Phone	Meal Times
Carroll Heights	3505 Park Lane Drive La Crosse	792-6996	11:30 AM Mon–Fri
Forest Park	1230 Badger St La Crosse	789-7826	11:30 AM Mon–Fri
Harry J. Olson Senior Center	1607 North St La Crosse	792-4487	11:30 AM Mon–Fri
Holmen Community Center	421 Main St Holmen	526-6316	NOON Mon–Fri
Kajsiab Dining	1815 Ward Ave La Crosse	785-6438	11:30 AM Wednesday's
Onalaska Community Center	515 Quincy St Onalaska	789-7829	11:30 AM Mon–Fri
Southside Senior Center	1220 Denton St La Crosse	782-2444	11:30 AM Mon–Fri
Stokke Tower	421 6th St S. La Crosse	789-7823	11:00 AM Mon–Fri
Village Inn	1601 Bangor St Bangor	486-2741	11:30 AM Mon–Fri
West Salem Community Center	175 S. Leonard St West Salem	786-2975	11:30 AM Mon– Fri

Senior

Nutrition

Program



Aging & Disability Resource Center
 300 4th Street North
 La Crosse, WI 54601
 (608) 785-5700 or
 1-800-500-3910

Email: adrc@lacrossecounty.org

Senior Nutrition Program



The Aging & Disability Resource Center offers nutritious lunch meals Monday through Friday.

Seniors can go to one of ten

CONGREGATE MEAL SITES

which offer a sit down meal. Seniors not only receive a meal but have an opportunity to socialize and find out about other programs being offered to seniors.



To Qualify...

Must be 60 years of age or older *or* attend with a spouse that is 60 or older.

To Register...

To be eligible, all meal participants must complete a registration form at the meal site.

Meals must be ordered by noon at least one day in advance by calling the meal site manager.

The suggested donation amount for a congregate meal is \$3.25. Donations are confidential.



Sample Menu

Smothered Chicken Breast
Garlic & Herb Potatoes
Sugar Snap Peas
Peaches
Wheat Bread
Choice of Milk or Juice



If you are unable to attend one of our congregate meal sites you may be eligible for

HOME DELIVERED MEALS



*Diabetic meals are available. Please let us know if you are diabetic.

*All meals meet the 1/3 daily requirements of the USDA.