

| Congregate Meal Sites | Address | Phone | Meal Times |
|------------------------------|-----------------------------------|----------|-----------------|
| Becker Plaza | 415 7th St S La Crosse | 789-7827 | 11:30 AM |
| Black Oak Inn | County Road V Stevenstown | 857-3012 | 4 PM Wed-Sat |
| Carroll Heights | 3505 Park Lane Drive La Crosse | 785-5556 | 11:30 AM |
| Forest Park | 1230 Badger St La Crosse | 789-7826 | 11:30 AM |
| Harry J. Olson Senior Center | 1607 North St La Crosse | 781-2122 | 11:30 AM |
| Holmen Community Center | 421 Main St Holmen | 526-6316 | NOON |
| Onalaska Community Center | 515 Quincy St Onalaska | 789-7829 | 11:30 AM |
| Sauber Manor | 1025 Liberty St La Crosse | 789-7825 | 11:20 AM |
| Solberg Heights | 215 6th St S La Crosse | 789-7824 | 11:15 AM |
| Southside Senior Center | 1220 Denton St La Crosse | 782-2444 | 11:30 AM |
| Stokke Tower | 421 6th St S. La Crosse | 789-7823 | 11:00 AM |
| Village Inn | 1601 Bangor St Bangor | 486-2741 | 11:30 AM |
| West Salem Community Center | 175 S. Leonard St West Salem | 786-2975 | 11:30 AM |
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Senior

Nutrition

Program



La Crosse County Aging Unit
400 4th Street North
La Crosse, WI 54601
(608) 785-9710



Senior Nutrition Program

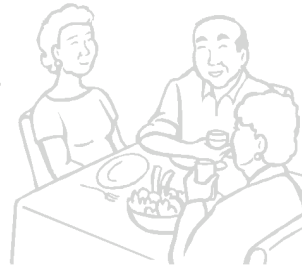
The La Crosse County Aging Unit offers nutritious Noon Meals Monday through Friday.

Seniors can go to one of the sixteen

CONGREGATE MEAL SITES

which offer a sit down meal.

Seniors not only receive a meal but have a chance 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 over 60.

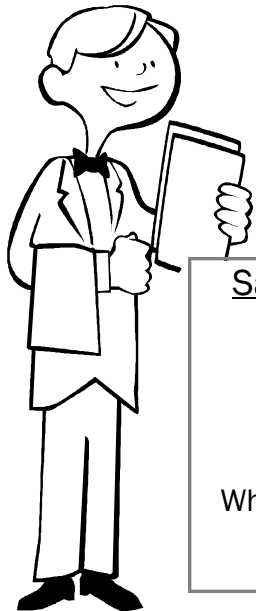
To Register...

All *Congregate* participants must register at one of the sites to be eligible.

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

If you cannot attend one of nutrition sites you may be eligible for a

HOMEBOUND MEAL .



Sample Menu Item

Pork chop with
Mushroom Sauce
Mashed Potatoes
Vegetable Medley
White cake, Applesauce
Wheat Bread

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

*Diabetic meals are available.

Please let us know if you are diabetic.

A donation of \$3.25 is suggested. Donations are confidential.