

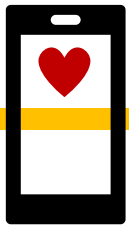
MILWAUKEE COUNTY SENIOR DINING

WHERE SENIORS **LOVE** TO LUNCH



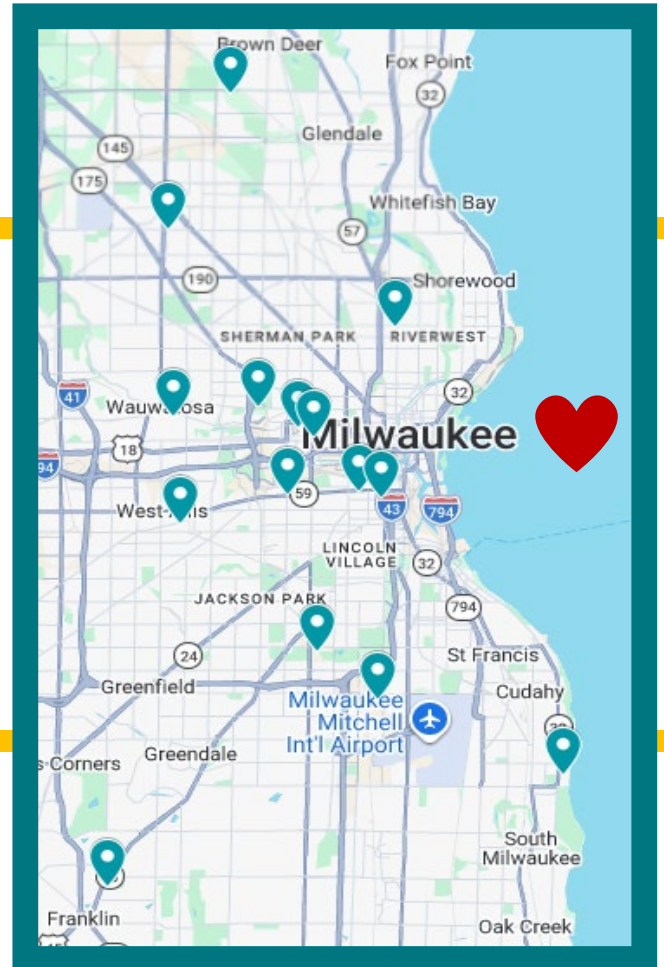
Join Us!

- Adults 60+
- View Menus Online
- Reservation may be Required
- Convenient Locations
- Transportation Options



Call Today!

Senior Dining Office
(414) 289-6995



**Suggested
Contribution**



60+

\$3.00



**MILWAUKEE
COUNTY**



414-289-6874

MILWAUKEE COUNTY SENIOR DINING

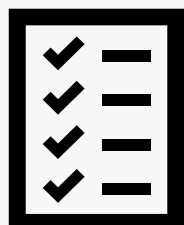
We invite you to explore your options with our ever-changing lineup.
Please Call your preferred site for critical updates, reservations
and specific service information.

Senior Dining Sites	Address	City	Zip	Phone
 Clinton Rose Senior Center	3045 N. Martin Luther King Drive	Milwaukee	53212	(414) 263-2255
 Elks Lodge	5555 W. Good Hope Road	Milwaukee	53223	(414) 760-3195
 Franklin City Hall	9229 W. Loomis Road	Franklin	53132	(414) 427-7696
 Hart Park Senior Center	7300 Chestnut Street	Wauwatosa	53213	(414) 257-3534
 Indian Council of the Elderly	944 N. 33 rd Street	Milwaukee	53208	(414) 933-1401
 Kelly Senior Center	6100 S. Lake Drive	Cudahy	53110	(414) 481-9611
 Milwaukee Community Crossroads	807 S. 14 th Street	Milwaukee	53204	(414) 902-5384
 Muslim Community & Health Center	803 W. Layton Avenue	Milwaukee	53221	(414) 552-3337
 United Community Center	730 W. Washington Street	Milwaukee	53204	(414) 649-2807
 Washington Park Senior Center	4420 W. Vliet Street	Milwaukee	53208	(414) 933-2332
 West Allis Senior Center	7001 W. National Avenue	West Allis	53214	(414) 302-8703
 Wilson Park Senior Center	2601 W. Howard Avenue	Milwaukee	53221	(414) 282-3284

Dine-Out Sites	Address	City	Zip	Phone
 An Ox Café	7411 W. Hampton Avenue	Milwaukee	53218	(414) 391-9009
 Daddy's Soul Food & Grille	754 N. 27 th Street	Milwaukee	53208	(414) 391-9009
 Orenda Café	3514 W. National Avenue	Milwaukee	53215	(414) 391-9009
 Rise & Grind Café	2737 N. MLK Drive	Milwaukee	53212	(414) 391-9009

KEY

-  In-Person Dining
-  Grab & Go
-  Closed



Getting Started:

- 1 Choose Site
- 2 Make Reservation (If required)
- 3 Submit Registration Form



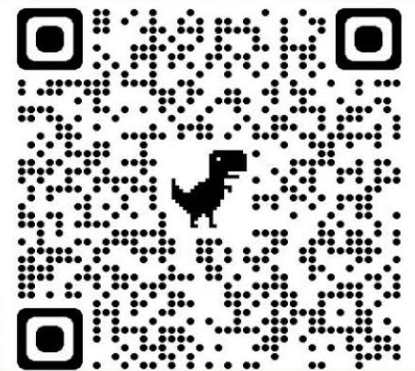
10/1/2026

MILWAUKEE COUNTY SENIOR DINING

EXPLORE



Become a **Senior Diner!**



View Menus Online! county.milwaukee.gov/aging Senior Dining Office: 414.289.6995

MILWAUKEE COUNTY SENIOR DINING

Background

Primarily funded by Older Americans Act dollars, senior nutrition programs are designed to serve as gathering places for older adults (60+). There is tremendous value and opportunity in bringing people together to enjoy nutritious meals. Sharing food and engaging conversations with others is a powerful experience that encourages new connections, strengthens existing ones and ultimately improves our community.

Equally as beneficial can be the exposure to new information, awareness of relevant programs and attention to activities that promote health and well-being. While these popular services have been around for decades, excitement has been especially high around our award-winning Dine Out Restaurant partnership which adds convenience, flexibility and much needed diversity to the lineup.

We are committed to continuing these essential services while decreasing barriers to access, addressing gaps in service and introducing new & innovative solutions that keep us moving forward with satisfied customers.

WHO?



- Anyone 60+
- Spouse (of any Age)
- Dining Site Volunteer

No income limits
 No residency restrictions

WHY?



- Reduce Hunger & Malnutrition
- Address Food Insecurity
- Combat Isolation thru Socialization
- Improve Health & Well-Being
- Delay Adverse Health Conditions

WHAT?



- Healthy Meals
- Nutrition Education
- Nutrition Assessment
- Nutrition Consultation

WHEN?



- Monday - Friday Options
- 15+ Locations
- Weekly Restaurant Dining
- Monthly Dinner Meal
- 1 Breakfast Option

WHERE?



- 6 Senior Centers
- 3 Community Centers
- 3 Restaurant Partners
- 3 Other
- Meals on Wheels

HOW?



- Choose a Dining Site
- Call for a Reservation?
- Complete Registration Form
- Transportation may be available
- Homebound? Meals on Wheels

COST?



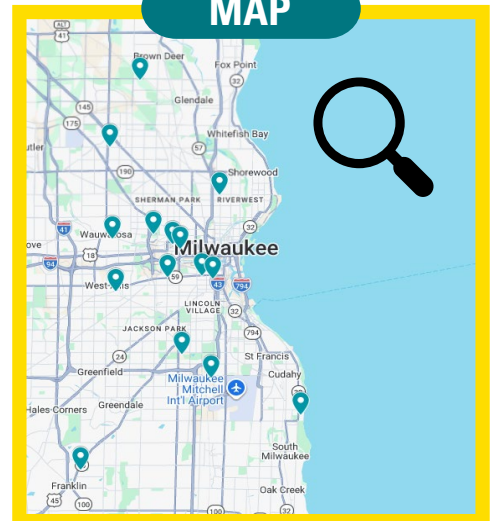
\$3.00 *Suggested Contribution*



GUEST: \$8.00

There is not an actual charge for Seniors. Participants are given the opportunity to contribute as they are willing or able.

MAP



MILWAUKEE COUNTY SENIOR DINING

Have you heard about this?



This exciting program expansion for those 60+ adds local restaurants to enhance our list of Senior Dining offerings. Diners choose from delicious and culturally-diverse options while supporting minority-owned restaurants.

Monday	Tuesday	Wednesday	Thursday
	 LUNCH 754 N. 27 th Street 11:00AM - 1:00PM	 BREAKFAST 3514 W. National Avenue 8:00AM - 10:00AM	 LUNCH 7411 W. Hampton Avenue 11:00AM - 1:00PM

Participation Details

- 1** For 60+. No Reservations. First Come-First Served.
(Arrive during the scheduled time on the designated day)
- 2** Current Senior Dining Registration Required
(For anyone 60 or older--Provide proof of age)
- 3** Select from Specific Menu Options
- 4** Enjoy Your Meal!
- 5** Please Consider Making a Contribution
(Contribute what you can. Cash or Check accepted)



MILWAUKEE COUNTY SENIOR DINING

¿Ya se enteró de esto?



Esta emocionante ampliación del programa para mayores de 60 años incorpora restaurantes locales para mejorar nuestra lista de ofertas de Comedor para Adultos Mayores. Los comensales eligen entre opciones deliciosas y culturalmente diversas, mientras que apoyan a restaurantes propiedad de minorías.

Lunes	Martes	Miércoles	Jueves
	 ALMUERZO 754 N. 27 th Street 11:00AM - 1:00PM	 DESAYUNO 3514 W. National Avenue 8:00AM - 10:00AM	 ALMUERZO 7411 W. Hampton Avenue 11:00AM - 1:00PM

Información Para Participar

- 1** Para 60 años y más. Sin reservaciones. Servicio por orden de llegada.
(Llegue durante el horario de servicio el día señalado)
- 2** Se requiere registro actual del Comedor para Adultos Mayores
(Para mayores de 60 años: presentar comprobante de edad)
- 3** Solo puede seleccionar opciones específicas del menú
- 4** ¡Disfrute su comida!
- 5** Considere realizar una contribución
(Contribuya con lo que pueda. Se acepta efectivo o cheque)





Training Day Closure



Sorry We Are
CLOSED

Tuesday
October 20, 2026



MILWAUKEE COUNTY SENIOR DINING



Service Update

Thursdays

11:00 — 1:00pm



Experiencing Food Insecurity?

Low/Fixed Income



Inflationary Prices



Cut in SNAP Benefits



How to **stretch** your food dollars...

You're Invited!

Join Milwaukee County Senior Dining:

- Open to those 60+
- Convenient locations
- Delicious & Nutritious
- Wide variety of menu options
- Transportation may be available
- Connect with others
- No Income Restrictions
- No Residency Requirements
- Potential Volunteer Opportunities
- Homebound? Ask about Meals on Wheels



With many different locations, we believe there is something for everyone and invite you to **explore your options**.



Reservations **may be** required in advance of your visit-- please plan ahead.



We encourage participants to consider making a contribution, but there is not an actual charge for those 60+.



MILWAUKEE COUNTY SENIOR DINING

CLINTON ROSE

3045 N. Martin Luther King Drive



(414) 263-2255



11:00 For In-Person Dining

OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
Reservations Required * Menu subject to change without notice find us on facebook = Healthier Dessert Suggested Contribution 60+ \$3.00				
Hot Turkey on Bun 5 Mashed Potatoes/Gravy Brussels Sprouts Cranberry Juice Apple Crumble Fruit	Baked Fish 6 Dill Sauce Baby Potatoes Green & Wax Beans Marble Rye Bread Rosy Pears	Baked Ziti 7 Peas & Pearl Onions Spiced Peaches Fruited Yogurt Clementine	BBQ Pulled Pork/Bun 1 Vegetable Pasta Sweet Corn Grape Juice Pineapple	Meatloaf & Gravy 2 Smashed Red Potatoes Wisconsin Vegetables Spinach Salad Nutri Grain Bar
Pork Riblet 12 Sweet Potatoes Braised Cabbage Orange Juice Blueberry Muffin	Sloppy Joe 13 Bun Potatoes O'Brien Peas & Carrots Yellow Apple	Chicken Gyro Salad 14 <i>Chicken, Lettuce, Onion</i> <i>Tzatziki</i> French Bread Juice Melon	Pizza Casserole 15 Grilled Vegetables Cinnamon Apples Fruit Punch Chocolate Mousse	Tuna Sub Sandwich 16 Chips Broccoli Slaw Pineapple Tidbits Rice Krispie Treat Fruit
Meatballs & Gravy 19 Buttered Egg Noodles Green Beans Shredded Carrot Salad Jello with Fruit	CLOSED 20 	Chicken à la King 21 Steamed Vegetables Biscuit Juice Fruit Cocktail	Pub Burger on Bun 22 Mushrooms & Swiss Tater Tots Bean Medley Oatmeal Raisin Cookie Raisins	Italian Meat Sauce 23 Penne Pasta Italian Vegetables Tossed Salad Oreos Fruit
Chicken Chop Suey 26 Rice Asian Style Vegetables Pineapple Fluff Fortune Cookie	Chicken Parmesan 27 Noodles & Sauce Sicilian Vegetables Grape Juice Chilled Pears	Baked Potato 28 Diced Ham Broccoli & Cheese Hawaiian Dinner Roll Tropical Fruit Mix	Beefy Mac & Cheese 29 Cauliflower Succotash Chilled Peaches Granola Bar	Filet-o-Fish 30 Bun Potato Wedges Peas Fresh Orange

DINE@FIVE

2026 Schedule

March

18

Wednesday

April

15

Wednesday

May

20

Wednesday

June

17

Wednesday

July

15

Wednesday

August

19

Wednesday

September

16

Wednesday

October

21

Wednesday

November

18

Wednesday

December

16

Wednesday



ELKS LODGE

5555 W. Good Hope Road

Reservations Required

(414)760-3195

9:30 - Noon, Monday Prior

On-Site Registration available.



county.milwaukee.gov/aging



SeniorDining@milwaukeecountywi.gov



Senior Dining Office: 414-289-6995

MILWAUKEE COUNTY SENIOR DINING

ELKS LODGE

5555 W. Good Hope Road



(414) 760-3195

11:30 For In-Person Dining

OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
Reservations Required <i>* Menu subject to change without notice</i> find us on facebook Suggested Contribution 60+ \$3.00 = Healthier Dessert				
5 Hot Turkey on Bun Mashed Potatoes/Gravy Chef's Vegetables Cranberry Juice Apple Crumble Fruit	6 Fish & Dill Sauce Baby Potatoes Green & Wax Beans Apple Juice Lemon Bar Fruit	7 Lasagna Peas & Pearl Onions Carrot Salad Italian Bread Clementine	8 BBQ Pulled Pork/Bun Mac & Cheese Sweet Corn Grape Juice Pineapple	9 Meatloaf & Gravy Smashed Red Potatoes Wisconsin Vegetables Spinach Salad Nutri-Grain Bar
12 Pork Riblet Sweet Potatoes Braised Cabbage Dinner Roll Mandarin Oranges	13 Tuna Bake Steamed Vegetables Biscuit Cottage Cheese Peaches	14 Sloppy Joe/Bun Potato Salad Raw Vegetables String Cheese Ice Cream Cup Fruit	15 Broasted Chicken A. Dark Meat B. Light Meat Broasted Potatoes Collard Greens Dinner Roll Ambrosia	16 Sub Sandwich Chips Broccoli Slaw Grapes Rice Krispie Treat Fruit
19 Breakfast Sandwich <i>Eggs Cheese Sausage</i> Hashbrowns Sautéed Vegetables Tomato Juice Banana	CLOSED 20 	DINE@FIVE 21 Chicken Parmesan Noodles & Sauce Sicilian Vegetables Grape Juice Chilled Pears	22 Taco Salad <i>Meat, Cheese, Lettuce</i> <i>Tomato, Onion, Taco Sauce</i> Tortilla Chips Fruited Yogurt Melon	23 Chicken à la King Texas Toast Diced Beets Black-Eyed Peas Oreos Fruit
26 Pork Chop Suey Rice Asian Style Vegetables Pineapple Fluff Fortune Cookie	A. Supreme Pizza 27 B. Cheese Pizza Pasta Salad Garlic Breadstick Marinara Sauce Fresh Fruit Medley	28 Baked Potato Diced Ham Broccoli & Cheese Calico Beans Fresh Orange	29 Beefy Mac & Cheese Cauliflower Succotash Whole Grain Bread Fruit Cocktail	30 Hot Dog on Bun Potato Wedges Baked Beans Pickle Spear Orange Sherbet

MILWAUKEE COUNTY SENIOR DINING

FRANKLIN

9229 W. Loomis Road



(414) 427-7696

11:00 For In-Person Dining

OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
Reservations Required find us on facebook. = Healthier Dessert Suggested Contribution \$3.00				
Reservations Required	<i>* Menu subject to change without notice</i>			
1 BBQ Pulled Pork/Bun Vegetable Pasta Sweet Corn Grape Juice Pineapple	2 Meatloaf & Gravy Smashed Red Potatoes Wisconsin Vegetables Spinach Salad Nutri Grain Bar	3 Baked Ziti Peas & Pearl Onions Spiced Peaches Fruited Yogurt Clementine	4 Chicken Enchilada Spanish Rice Southwest Vegetables Garden Salad Baker's Choice Fruit	5 Hot Turkey on Bun Mashed Potatoes/Gravy Brussels Sprouts Cranberry Juice Apple Crumble Fruit
6 Pork Riblet Sweet Potatoes Braised Cabbage Orange Juice Blueberry Muffin	7 Sloppy Joe Bun Potatoes O'Brien Peas & Carrots Yellow Apple	8 Chicken Gyro Salad <i>Chicken, Lettuce, Onion</i> <i>Tzatziki</i> French Bread Juice Melon	9 Pizza Casserole Grilled Vegetables Cinnamon Apples Fruit Punch Chocolate Mousse	10 Hot Dog Bun American Potatoes Baked Beans Raspberry Applesauce
11 Meatballs & Gravy Buttered Egg Noodles Green Beans Shredded Carrot Salad Jello with Fruit	12 Chicken à la King Steamed Vegetables Biscuit Juice Fruit Cocktail	13 Pub Burger on Bun Mushrooms & Swiss Tater Tots Bean Medley Oatmeal Raisin Cookie Raisins	14 Italian Meat Sauce Penne Pasta Italian Vegetables Tossed Salad Oreos Fruit	15 Chicken Chop Suey Rice Asian Style Vegetables Pineapple Fluff Fortune Cookie
16 Chicken Parmesan Noodles & Sauce Sicilian Vegetables Grape Juice Chilled Pears	17 Baked Potato Diced Ham Broccoli & Cheese Hawaiian Dinner Roll Tropical Fruit Mix	18 Beefy Mac & Cheese Cauliflower Succotash Chilled Peaches Granola Bar	19 Filet-o-Fish Bun Potato Wedges Peas Fresh Orange	20 Closed

MILWAUKEE COUNTY SENIOR DINING

HART PARK

7300 Chestnut Street



(414) 257-3534



11:00 For In-Person Dining

OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
Reservations Required * Menu subject to change without notice find us on facebook Suggested Contribution \$3.00 60+ = Healthier Dessert				
Hot Turkey on Bun 5 Mashed Potatoes/Gravy Brussels Sprouts Cranberry Juice Apple Crumble Fruit	Baked Fish 6 Dill Sauce Baby Potatoes Green & Wax Beans Marble Rye Bread Rosy Pears	Baked Ziti 7 Peas & Pearl Onions Spiced Peaches Fruited Yogurt Clementine	BBQ Pulled Pork/Bun 1 Vegetable Pasta Sweet Corn Grape Juice Pineapple	Meatloaf & Gravy 2 Smashed Red Potatoes Wisconsin Vegetables Spinach Salad Nutri Grain Bar
Pork Riblet 12 Sweet Potatoes Braised Cabbage Orange Juice Blueberry Muffin	Sloppy Joe 13 Bun Potatoes O'Brien Peas & Carrots Yellow Apple	Chicken Gyro Salad 14 <i>Chicken, Lettuce, Onion</i> <i>Tzatziki</i> French Bread Juice Melon	Pizza Casserole 15 Grilled Vegetables Cinnamon Apples Fruit Punch Chocolate Mousse	Tuna Sub Sandwich 16 Chips Broccoli Slaw Pineapple Tidbits Rice Krispie Treat Fruit
Meatballs & Gravy 19 Buttered Egg Noodles Green Beans Shredded Carrot Salad Jello with Fruit	CLOSED 20 	Chicken à la King 21 Steamed Vegetables Biscuit Juice Fruit Cocktail	Pub Burger on Bun 22 Mushrooms & Swiss Tater Tots Bean Medley Oatmeal Raisin Cookie Raisins	Italian Meat Sauce 23 Penne Pasta Italian Vegetables Tossed Salad Oreos Fruit
Chicken Chop Suey 26 Rice Asian Style Vegetables Pineapple Fluff Fortune Cookie	Chicken Parmesan 27 Noodles & Sauce Sicilian Vegetables Grape Juice Chilled Pears	Baked Potato 28 Diced Ham Broccoli & Cheese Hawaiian Dinner Roll Tropical Fruit Mix	Beefy Mac & Cheese 29 Cauliflower Succotash Chilled Peaches Granola Bar	Filet-o-Fish 30 Bun Potato Wedges Peas Fresh Orange

MILWAUKEE COUNTY SENIOR DINING

INDIAN COUNCIL OF THE ELDERLY

944 N. 33rd Street

No Reservations



(414) 933-1401

11:00 for In-Person Dining

OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
First Come First Served Limited to 50		Suggested Contribution \$3.00 60+	1 Swedish Meatballs Mashed Potatoes Peas & Carrots Juice Fruit	2 Pork Fritter & Gravy Rice Pilaf Green Beans Juice Fruit
5 Pepper Steak Fried Rice Asian Vegetable Blend Juice Fruit	6	7	8 Breakfast Casserole Sausage Patty Tater Tots Juice Fruit	9 Chili Cheese Dog Tater Tots Coleslaw Juice Fruit
12 Chicken Alfredo Breadstick Green Beans Juice Fruit	13	14	15 Fried Chix Sandwich Sweet Potato Fries Steamed Broccoli Juice Fruit	16 Beef Stew Mashed Potatoes Mixed Vegetables Juice Fruit
19 Salisbury Steak Mashed Potatoes Corn Juice Fruit	20	21	22 Baked Cod Wild Rice Squash & Zucchini Juice Fruit	23 Beefy Mac & Tomatoes Steamed Broccoli Dinner Roll Juice Fruit
26 Chili Potato Boat Green Beans Juice Fruit	27	28	29 Chix Pot Pie Casserole Biscuit Peas & Carrots Juice Fruit	30 BBQ Pulled Pork Potato Wedges Coleslaw Juice Fruit

MILWAUKEE COUNTY SENIOR DINING

KELLY

6100 S. Lake Drive



(414) 481-9611 x4

11:00 For In-Person Dining

OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
Reservations Required <i>* Menu subject to change without notice</i> find us on facebook = Healthier Dessert Suggested Contribution \$ 3.00				
Hot Turkey on Bun 5 Mashed Potatoes/Gravy Brussels Sprouts Cranberry Juice Apple Crumble Fruit	Baked Fish 6 Dill Sauce Baby Potatoes Green & Wax Beans Marble Rye Bread Rosy Pears	Baked Ziti 7 Peas & Pearl Onions Spiced Peaches Fruited Yogurt Clementine	BBQ Pulled Pork/Bun 1 Vegetable Pasta Sweet Corn Grape Juice Pineapple	Meatloaf & Gravy 2 Smashed Red Potatoes Wisconsin Vegetables Spinach Salad Nutri Grain Bar
Pork Riblet 12 Sweet Potatoes Braised Cabbage Orange Juice Blueberry Muffin	Sloppy Joe 13 Bun Potatoes O'Brien Peas & Carrots Yellow Apple	Chicken Gyro Salad 14 <i>Chicken, Lettuce, Onion</i> <i>Tzatziki</i> French Bread Juice Melon	Pizza Casserole 15 Grilled Vegetables Cinnamon Apples Fruit Punch Chocolate Mousse	Tuna Sub Sandwich 16 Chips Broccoli Slaw Pineapple Tidbits Rice Krispie Treat Fruit
Meatballs & Gravy 19 Buttered Egg Noodles Green Beans Shredded Carrot Salad Jello with Fruit	CLOSED 20 	Chicken à la King 21 Steamed Vegetables Biscuit Juice Fruit Cocktail	Pub Burger on Bun 22 Mushrooms & Swiss Tater Tots Bean Medley Oatmeal Raisin Cookie Raisins	Italian Meat Sauce 23 Penne Pasta Italian Vegetables Tossed Salad Oreos Fruit
Chicken Chop Suey 26 Rice Asian Style Vegetables Pineapple Fluff Fortune Cookie	Chicken Parmesan 27 Noodles & Sauce Sicilian Vegetables Grape Juice Chilled Pears	Baked Potato 28 Diced Ham Broccoli & Cheese Hawaiian Dinner Roll Tropical Fruit Mix	Beefy Mac & Cheese 29 Cauliflower Succotash Chilled Peaches Granola Bar	Filet-o-Fish 30 Bun Potato Wedges Peas Fresh Orange

MILWAUKEE COUNTY SENIOR DINING

MILWAUKEE COMMUNITY CROSSROADS

807 S. 14th Street



(414) 902-5384



11:30 For In-Person Dining

OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
Reservations Required	<i>* Menu subject to change without notice</i>	Suggested Contribution 60+ \$3.00	1 Polish Sausage Stir-Fry Daikon Soup Rice Carrot Raisin Salad Mandarin Oranges	2 Lasagna Italian Vegetables Coleslaw Garlic Bread Pineapple Chunks
5 Crispy Butterfly Shrimp Rice Green Beans Spinach Salad Chocolate Cookie	6 Fish Fry French Fries Broccoli Carrot Slaw Banana	7 Smoked Pork Chop Napa Cabbage Soup Scalloped Potatoes Rice Fresh Fruit	8 Beef Noodle Soup Rice Carrot Coins Garden Salad Watermelon	9 Chicken Cordon Bleu Sweet Potatoes Brussels Sprouts String Cheese Tropical Fruit Cocktail
12 Asian Meatloaf Mashed Potatoes/Gravy Wisconsin Vegetables Dinner Roll Diced Peaches	Brunch for Lunch 13 Eggs & Spinach Sausage Patty French Toast Breakfast Potatoes Yogurt	14 Chicken Lettuce Wrap Mustard Green Soup Rice Yellow & Green Squash Mandarin Oranges	15 Beef Stir-Fry Noodle Soup Rice Chayote Vanilla Ice Cream	16 Italian Chix Sandwich Onion Rings Broccoli Caesar Salad Banana
19 Grilled Chicken Breast Spinach & Garlic Noodles Peas & Carrots Rice Creamy Fruit Cocktail	20 Chicken Enchilada Rice Corn Garden Salad Strawberry Churro	21 Baked Fish Tofu Soup Rice Chayote Vanilla Pudding	22 Beef & Potato Noodles Eggplant Soup Rice Diced Pears Ice Cream Sandwich	23 Pub Cheeseburger Chips Pasta Salad Fresh Fruit Oatmeal Cream Pie
26 Chicken Tenders Egg Drop Soup Rice Zucchini Medley Fruited Jello	27 Hot Ham & Roll Au Gratin Potatoes Broccoli Florets Baked Beans Pear Slices	28 Ginger Chicken Stir-Fry Rice Steamed Cauliflower Garden Salad w/ Garbanzos Birthday Cake	29 Asian Sausage Rice Petite Carrots Asian Slaw Tropical Fruit Cocktail	30 Fish Sandwich French Fries Green Beans Coleslaw Grapes

MILWAUKEE COUNTY SENIOR DINING

MUSLIM COMMUNITY & HEALTH CENTER

803 W. Layton Avenue

(414) 552-3337

For Curbside Pickup

OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
Reservations Required	3-DAY NOTICE * Menu subject to change without notice		Suggested Contribution 60+ \$3.00	
	Grilled Chicken 5 Rice Salad Juice Fruit	Butter Chicken 6 Palak Rice Raita Juice Fruit	Nihari 7 Rice Naan Raita Juice Fruit	Chicken Wrap w/Lettuce & Tomato 1 Fries Salad Juice Fruit
	Fish Fry 2 Potato Wedges Coleslaw Bread Juice Fruit	Fish Fry 3 Potato Wedges Coleslaw Bread Juice Fruit	Fish Fry 4 Potato Wedges Coleslaw Bread Juice Fruit	Fish Fry 5 Potato Wedges Coleslaw Bread Juice Fruit
	Shrimp 12 Fries Salad Bread Juice Fruit	Chicken Biryani 13 Dal Fry Butter Naan Raita Juice Fruit	Chicken Palak 14 Chana Masala Tikka Naan Juice Fruit	Quesadilla 15 Fries Salad Juice Fruit
	Fish Fry 16 Potato Wedges Coleslaw Bread Juice Fruit	Fish Fry 17 Potato Wedges Coleslaw Bread Juice Fruit	Fish Fry 18 Potato Wedges Coleslaw Bread Juice Fruit	Fish Fry 19 Potato Wedges Coleslaw Bread Juice Fruit
Chicken Wrap w/Lettuce & Tomato 19 Fries Salad Juice Fruit	Chicken Karahi 20 Rice Mixed Vegetables Juice Fruit	Chicken 65 21 Rice Palak Raita Juice Fruit	Grilled Chicken 22 Rice Salad Juice Fruit	Fish Fry 23 Potato Wedges Coleslaw Bread Juice Fruit
Fried Chicken 26 Potato Wedges Salad Bread Juice Fruit	Nihari 27 Rice Naan Raita Juice Fruit	Chicken Boti 28 Rice Daal Tadka Raita Juice Fruit	Shawarma Wrap 29 Fries Salad Juice Fruit	Fish Fry 30 Potato Wedges Coleslaw Bread Juice Fruit

MILWAUKEE COUNTY SENIOR DINING

UNITED COMMUNITY CENTER

730 W. Washington Street



(414) 649-2807



12:00 for In-Person Dining

OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
Reservations Required	find us on facebook Para reservar su almuerzo favor de llamar	Suggested Contribution 60+ \$3.00	Chicken Sandwich Vegetable Soup Lettuce and Tomato Mayo Sun Chips Tropical Fruit	Cochinita Pibil White Rice Corn Coleslaw Corn Tortilla Fresh Apple
Spaghetti & Meat Sauce Steamed Broccoli Salad/Italian Dressing Garlic Bread Sherbet	Primavera Pork Brown Rice Chef's Vegetables Salad Melon Mix	Chicken Quesadilla Sweet Beans Green Salad w/Cucumber Fruit Punch Pineapple Tidbits	Lechon Asado Puerto Rican Rice Salad Dinner Roll Chocolate Cookie	Cheeseburger Oven Fries Pickle Lettuce & Tomato Fresh Orange
Mexican Chicken Soup Corn, Potato, Zucchini Brown Rice Corn Tortilla Pico de Gallo Salad Applesauce	Cheese & Onion Enchilada w/Red Sauce Mexican Rice Mexican Beans Salad Apricots	Beefy Mac & Cheese Steamed Broccoli Romaine Salad Dinner Roll Mandarin Oranges	Baked Potato Ground Beef, Bacon, Onion Sour Cream & Cheese Pea Soup French Bread Banana	Turkey Chunks Primavera Rice Steamed Vegetables Dinner Roll Peaches
Chicken Fricase Puerto Rican Rice Salad Dinner Roll Fruit Cocktail	Tuna Salad w/Corn & Celery Broccoli Soup Bread Orange Juice Red Grapes	Ground Beef Taco Lettuce, Tomato, Sour Cream Rice Charro Beans Corn Tortilla Fresh Apple	Chicken Fettuccine Alfredo Steamed Broccoli Tossed Salad Garlic Bread Ice Cream Birthday Cake	Chicken & Mole Sauce White Rice Vegetables du Jour Corn Tortilla Grape Juice Fruited Jell-O
Mini Corn Dogs Sweet Potato Fries Salad Mayo, Ketchup, Mustard Watermelon	Chicken Teriyaki Oriental Rice Carrot Coins Dinner Roll Tropical Fruit	Turkey Ham Sub Potato Soup Lettuce, Tomato, Onions, Mayo Sun Chips Diced Pears	Albondigas Soup Mexican Rice Mixed Vegetables Corn Tortilla Green Grapes	Cheese Entomatadas Vegetable Soup Green Beans Sour Cream Oatmeal Cookie

MILWAUKEE COUNTY SENIOR DINING

WASHINGTON PARK

4420 W. Vliet Street



(414) 933-2332

11:30 for In-Person Dining

OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
Reservations Required find us on facebook <i>* Menu subject to change without notice</i> Suggested Contribution \$3.00 = Healthier Dessert				
1 BBQ Pulled Pork/Bun Vegetable Pasta Sweet Corn Grape Juice Pineapple	2 Meatloaf & Gravy Smashed Red Potatoes Wisconsin Vegetables Spinach Salad Nutri Grain Bar	3 Baked Ziti Peas & Pearl Onions Spiced Peaches Fruited Yogurt Clementine	4 Chicken Enchilada Spanish Rice Southwest Vegetables Garden Salad Baker's Choice Fruit	5 Hot Turkey on Bun Mashed Potatoes/Gravy Brussels Sprouts Cranberry Juice Apple Crumble Fruit
6 Baked Fish Dill Sauce Baby Potatoes Green & Wax Beans Marble Rye Bread Rosy Pears	7 Baked Ziti Peas & Pearl Onions Spiced Peaches Fruited Yogurt Clementine	8 Chicken Enchilada Spanish Rice Southwest Vegetables Garden Salad Baker's Choice Fruit	9 Hot Dog Bun American Potatoes Baked Beans Raspberry Applesauce	10 Meatloaf & Gravy Smashed Red Potatoes Wisconsin Vegetables Spinach Salad Nutri Grain Bar
11 Hot Turkey on Bun Mashed Potatoes/Gravy Brussels Sprouts Cranberry Juice Apple Crumble Fruit	12 Pork Riblet Sweet Potatoes Braised Cabbage Orange Juice Blueberry Muffin	13 Sloppy Joe Bun Potatoes O'Brien Peas & Carrots Yellow Apple	14 Chicken Gyro Salad <i>Chicken, Lettuce, Onion</i> <i>Tzatziki</i> French Bread Juice Melon	15 Pizza Casserole Grilled Vegetables Cinnamon Apples Fruit Punch Chocolate Mousse
16 Tuna Sub Sandwich Chips Broccoli Slaw Pineapple Tidbits Rice Krispie Treat Fruit	17 Meatballs & Gravy Buttered Egg Noodles Green Beans Shredded Carrot Salad Jello with Fruit	18 Chicken à la King Steamed Vegetables Biscuit Juice Fruit Cocktail	19 Pub Burger on Bun Mushrooms & Swiss Tater Tots Bean Medley Oatmeal Raisin Cookie Raisins	20 Italian Meat Sauce Penne Pasta Italian Vegetables Tossed Salad Oreos Fruit
21 Chicken Chop Suey Rice Asian Style Vegetables Pineapple Fluff Fortune Cookie	22 Chicken Parmesan Noodles & Sauce Sicilian Vegetables Grape Juice Chilled Pears	23 Baked Potato Diced Ham Broccoli & Cheese Hawaiian Dinner Roll Tropical Fruit Mix	24 Beefy Mac & Cheese Cauliflower Succotash Chilled Peaches Granola Bar	25 Filet-o-Fish Bun Potato Wedges Peas Fresh Orange

MILWAUKEE COUNTY SENIOR DINING

WEST ALLIS

7001 W. National Avenue



(414) 302-8703

11:00 For In-Person Dining

OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
Reservations Required find us on facebook = Healthier Dessert Suggested Contribution \$3.00				
Hot Turkey on Bun 5 Mashed Potatoes/Gravy Brussels Sprouts 🍷Cranberry Juice Apple Crumble ❤️Fruit	Baked Fish 6 Dill Sauce Baby Potatoes Green & Wax Beans Marble Rye Bread Rosy Pears	Baked Ziti 7 Peas & Pearl Onions Spiced Peaches Fruited Yogurt Clementine	BBQ Pulled Pork/Bun 1 Vegetable Pasta Sweet Corn 🍇Grape Juice Pineapple	Meatloaf & Gravy 2 Smashed Red Potatoes Wisconsin Vegetables Spinach Salad Nutri Grain Bar
Pork Riblet 12 Sweet Potatoes Braised Cabbage 🍊Orange Juice Blueberry Muffin	Sloppy Joe 13 Bun Potatoes O'Brien Peas & Carrots Yellow Apple	Chicken Gyro Salad 14 <i>Chicken, Lettuce, Onion</i> <i>Tzatziki</i> French Bread 🍷Juice Melon	Pizza Casserole 15 Grilled Vegetables Cinnamon Apples 🍷Fruit Punch Chocolate Mousse	Tuna Sub Sandwich 16 Chips Broccoli Slaw Pineapple Tidbits Rice Krispie Treat ❤️Fruit
Meatballs & Gravy 19 Buttered Egg Noodles Green Beans Shredded Carrot Salad Jello with Fruit	CLOSED 20 	Chicken à la King 21 Steamed Vegetables Biscuit 🍷Juice Fruit Cocktail	Pub Burger on Bun 22 Mushrooms & Swiss Tater Tots Bean Medley Oatmeal Raisin Cookie ❤️Raisins	Italian Meat Sauce 23 Penne Pasta Italian Vegetables Tossed Salad Oreos ❤️Fruit
Chicken Chop Suey 26 Rice Asian Style Vegetables Pineapple Fluff Fortune Cookie	Chicken Parmesan 27 Noodles & Sauce Sicilian Vegetables 🍇Grape Juice Chilled Pears	Baked Potato 28 Diced Ham Broccoli & Cheese Hawaiian Dinner Roll Tropical Fruit Mix	Beefy Mac & Cheese 29 Cauliflower Succotash Chilled Peaches Granola Bar	Filet-o-Fish 30 Bun Potato Wedges Peas Fresh Orange

MILWAUKEE COUNTY SENIOR DINING

WILSON PARK

2601 W. Howard Avenue



(414) 282-3284

11:30 for In-Person Dining

OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
Reservations Required find us on facebook = Healthier Dessert Suggested Contribution \$3.00 60+				
5 Hot Turkey on Bun Mashed Potatoes/Gravy Brussels Sprouts 🍷Cranberry Juice Apple Crumble 🍷Fruit	6 Baked Fish Dill Sauce Baby Potatoes Green & Wax Beans Marble Rye Bread Rosy Pears	7 Baked Ziti Peas & Pearl Onions Spiced Peaches Fruited Yogurt Clementine	8 BBQ Pulled Pork/Bun Vegetable Pasta Sweet Corn 🍷Grape Juice Pineapple 🍷Fruit	2 Meatloaf & Gravy Smashed Red Potatoes Wisconsin Vegetables Spinach Salad Nutri Grain Bar
12 Pork Riblet Sweet Potatoes Braised Cabbage 🍷Orange Juice Blueberry Muffin	13 Sloppy Joe Bun Potatoes O'Brien Peas & Carrots Yellow Apple	14 Chicken Gyro Salad <i>Chicken, Lettuce, Onion</i> <i>Tzatziki</i> French Bread 🍷Juice Melon	15 Pizza Casserole Grilled Vegetables Cinnamon Apples 🍷Fruit Punch Chocolate Mousse	16 Tuna Sub Sandwich Chips Broccoli Slaw Pineapple Tidbits Rice Krispie Treat 🍷Fruit
19 Meatballs & Gravy Buttered Egg Noodles Green Beans Shredded Carrot Salad Jello with Fruit	20 CLOSED 	21 Chicken à la King Steamed Vegetables Biscuit 🍷Juice Fruit Cocktail	22 Pub Burger on Bun Mushrooms & Swiss Tater Tots Bean Medley Oatmeal Raisin Cookie 🍷Raisins	23 Italian Meat Sauce Penne Pasta Italian Vegetables Tossed Salad Oreos 🍷Fruit
26 Chicken Chop Suey Rice Asian Style Vegetables Pineapple Fluff Fortune Cookie	27 Chicken Parmesan Noodles & Sauce Sicilian Vegetables 🍷Grape Juice Chilled Pears	28 Baked Potato Diced Ham Broccoli & Cheese Hawaiian Dinner Roll Tropical Fruit Mix	29 Beefy Mac & Cheese Cauliflower Succotash Chilled Peaches Granola Bar	30 Filet-o-Fish Bun Potato Wedges Peas Fresh Orange

MILWAUKEE COUNTY SENIOR DINING



*Because good nutrition improves quality of life.
Because it is important to have culturally diverse options.
Because supporting small business strengthens the community.*



Open for Senior Dining

Thursdays 11:00 AM - 1:00 PM

7411 W. Hampton Avenue Milwaukee 53218

For Anyone 60+ (verified w/photo ID)

No Reservations

Check-in with Dining Staff

Complete Registration Form?

Choose Entrée & One Side

*Other Menu Items for **Full Price***

Enjoy Meal!

ENTRÉE

Select One:



- ☐ Beef & Broccoli
- ☐ Chicken Fried Rice
- ☐ Vegetable Lo Mein Noodles

SIDES

Select One:



- ☐ Crab Rangoon
- ☐ Egg Roll

*Each meal served with:
Broth/Soup, Fruit, Beverage*



MILWAUKEE COUNTY SENIOR DINING



*Because good nutrition improves quality of life.
Because it is important to have culturally diverse options.
Because supporting small business strengthens the community.*



Open for Senior Dining
Tuesdays 11:00 AM - 1:00 PM
754 N. 27th Street Milwaukee 53208

For Anyone 60+ (verified w/photo ID)

No Reservations

Check-in with Dining Staff

Complete Registration Form?

Choose Entrée & Two Sides

*Other Menu Items for **Full Price***

Enjoy Meal!

ENTRÉE

Select One:



- ☐ Baked Chicken
- ☐ Fried Chicken
- ☐ Catfish

*(Each Entrée served with:
Dinner Roll, Fruit, Milk or Water)*

SIDES

Select Two:



- ☐ Sweet Potatoes
- ☐ Mac & Cheese
- ☐ Black-Eyed Peas
- ☐ Smoked Turkey Greens
- ☐ Green Beans & Potatoes

**Suggested
Contribution**



60+

\$3.00



county.milwaukee.gov/aging



SeniorDining@milwaukeecountywi.gov



Senior Dining Office: 414-289-6995

MILWAUKEE COUNTY SENIOR DINING



*Because good nutrition improves quality of life.
Because it is important to have culturally diverse options.
Because supporting small business strengthens the community.*



Open for Senior Dining

Wednesdays: 8:00 AM - 10:00 AM

3514 W. National Avenue Milwaukee 53215

For Anyone 60+ (verified w/photo ID)

No Reservations

Check-in with Dining Staff

Complete Registration Form?

Choose One Breakfast Option

*Other Menu Items for **Full Price***

Enjoy Meal!

BREAKFAST OPTIONS

Select One:



(Each Breakfast Option served with Fruit & Milk)

- ☐ Veggie Bowl (Scrambled Egg, Potatoes, Peppers, Onions, Spinach, Mushrooms, Cauliflower, Cheddar)
- ☐ Chilaquiles (Scrambled Eggs, Tortilla Chips, Salsa choice, Cotija Cheese, Onion, Cilantro, Avocado Crema)
- ☐ Pancakes & Eggs (Short stack of Pancakes (2) with Scrambled Eggs)
- ☐ Avocado Toast (Multigrain Toast, Avocado, Tomato, Red Onion, Chia Seeds, Scrambled Egg)

Suggested
Contribution



60+

\$3.00



county.milwaukee.gov/aging



SeniorDining@milwaukeecountywi.gov



Senior Dining Office: 414-289-6995



MILWAUKEE COUNTY
DEPARTMENT OF HEALTH
& HUMAN SERVICES

**AGING & DISABILITIES
SERVICES**

Meals on Wheels

We are committed to helping older adults live healthier, more nourished lives, in their own homes.

The Meals on Wheels program supports and promotes independent living for homebound older adults through the delivery of a nutritious meal.

A suggested contribution is appreciated to offset the cost of the program.

Could you, or someone you know, benefit from having meals delivered? Call the Aging & Disability Resource Center to inquire: (414) 289-6874.

To be eligible you must be:

- 60 or older
- A Milwaukee County resident
- Homebound
- Unable physically or cognitively to prepare your own meals



Request a Referral: (414) 289-6874

MILWAUKEE COUNTY

MEALS ON WHEELS



(414) 358-6527



OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
Goodwill Greater Milwaukee & Chicago \$4.00 SUGGESTED CONTRIBUTION MEALS ON WHEELS * Menu subject to change without notice = DIABETIC DESSERT				
1 BBQ Pulled Pork/Bun Vegetable Pasta Sweet Corn Grape Juice Pineapple	2 Meatloaf & Gravy Smashed Red Potatoes Wisconsin Vegetables Spinach Salad Nutri-Grain Bar	3 Hot Turkey on Bun Mashed Potatoes/Gravy Brussels Sprouts Cranberry Juice Apple Crumble Fruit	4 Baked Fish Dill Sauce Baby Potatoes Green & Wax Beans Marble Rye Bread Rosy Pears	5 Baked Ziti Peas & Pearl Onions Spiced Peaches Fruited Yogurt Clementine
6 Chicken Enchilada Spanish Rice Southwest Vegetables Garden Salad Baker's Choice Fruit	7 Hot Dog Bun American Potatoes Baked Beans Raspberry Applesauce	8 Pork Riblet Sweet Potatoes Braised Cabbage Orange Juice Blueberry Muffin	9 Sloppy Joe Bun Potatoes O'Brien Peas & Carrots Yellow Apple	10 Chicken Gyro Salad <i>Chicken, Lettuce, Onion</i> <i>Tzatziki</i> French Bread Juice Melon
11 Pizza Casserole Grilled Vegetables Cinnamon Apples Fruit Punch Chocolate Mousse	12 Tuna Sub Sandwich Chips Broccoli Slaw Pineapple Tidbits Rice Krispie Treat Fruit	13 Meatballs & Gravy Buttered Egg Noodles Green Beans Shredded Carrot Salad Jello with Fruit	14 Breakfast Sandwich <i>Eggs, Sausage, Cheese</i> Hashbrowns Sautéed Vegetables Banana	15 Chicken à la King Steamed Vegetables Biscuit Juice Fruit Cocktail
16 Pub Burger on Bun Mushrooms & Swiss Tater Tots Bean Medley Oatmeal Raisin Cookie Raisins	17 Italian Meat Sauce Penne Pasta Italian Vegetables Tossed Salad Oreos Fruit	18 Chicken Chop Suey Rice Asian Style Vegetables Pineapple Fluff Fortune Cookie	19 Chicken Parmesan Noodles & Sauce Sicilian Vegetables Grape Juice Chilled Pears	20 Baked Potato Diced Ham Broccoli & Cheese Hawaiian Dinner Roll Tropical Fruit Mix
21 Beefy Mac & Cheese Cauliflower Succotash Chilled Peaches Granola Bar	22 Filet-o-Fish Bun Potato Wedges Peas Fresh Orange			

MEALS ON WHEELS



(414) 358-6527

OCTUBRE



MEALS ON WHEELS
AMERICA

Lunes	Martes	Miércoles	Jueves	Viernes
Goodwill Greater Milwaukee & Chicago MEALS ON WHEELS ❤️ = Postre diabético	<i>Menú sujeto a cambios</i> \$4.00 Contribución Sugerida			
Pavo en pan 5 Puré de patatas Coles de Bruselas 🍷 Zumo de arándano Crumble de manzana ❤️ Fruta	Pescado al horno 6 Salsa de eneldo Patatas Pequeñas Judías verdes y de cera Pan de centeno mármol Peras Rosadas	Ziti horneado 7 Guisantes y cebollas Melocotones Yogur frutal Clementine	Cerdo a la barbacoa 1 Pasta de verduras Maíz dulce 🍇 Zumo de uva Piña	Pastel de carne y salsa 2 Patatas rojas Verduras de Wisconsin Ensalada de espinacas Barra de grano Nutri
Riblet de cerdo 12 Batatas Col estofada 🍊 Zumo de naranja Magdalena de arándanos	Sloppy Joe 13 en pan Patatas O'Brien Guisantes y Zanahorias Manzana Amarilla	Ensalada de pollo 14 con gyro Tzatziki Pan francés 🍷 Zumo Melón	Enchilada de pollo 8 Arroz Español Verduras del Suroeste Ensalada de huerto La elección del panadero ❤️ Fruta	Perro Caliente 9 Pan de hot dot Patatas Americanas Alubias al horno Compota de manzana
Albóndigas con salsa 19 Fideos Judías verdes Ensalada de zanahoria Gelatina con fruta	Sándwich de desayuno 20 <i>huevos, salchicha, queso</i> Patatas hash Verduras salteadas Plátano	Chicken à la King 21 Verduras al vapor Biscuit Zumo Cóctel de frutas	Cazuela de pizza 15 Verduras a la parrilla Manzanas con canela 🍷 Ponche de frutas Chocolate Mousse	Sandwich de atún 16 Chips Ensalada de broócoli Piña Delicia de Rice Krispie ❤️ Fruit
Chop Suey de Pollo 26 Arroz Verduras al estilo asiático Pelusa de piña Galleta de la Fortuna	Pollo a la parmesana 27 Fideos y salsa Sicilian Vegetables 🍇 Zumo de uva Peras frías	Patata asada 28 Jamón picado Brócoli y queso Panecillo Hawaiano Mezcla de frutas tropicales	Hamburguesa de pavo 22 Setas y Suizos Tater Tots Mezclado de Frijoles Galleta de avena y pasas ❤️ Pasas	Salsa de carne italiana 23 Pasta de pene Verduras italianas Ensalada mixta Oreos ❤️ Fruit
			Macarrones con carne y queso 29 Coliflor Succotash Melocotones Fríos Barra de granola	Filete de pescado 30 Pan Cuñas de patata Guisantes Naranja fresca

Evidence-Based Community Falls Prevention Programs: **Saving Lives, Saving Money**

The Challenge: Older Adult Falls in the U.S.

- **1 in 4 Americans** age 65+ fall each year
- **Every 11 seconds**, an older adult is treated in the emergency room for a fall
- **Every 19 minutes**, an older adult dies from a fall



Falls Are Common



Falls Are Costly

Falls are the leading cause of traumatic brain injuries and account for more than 95% of all hip fractures

- Each year, more than **\$50 billion** is spent on the direct medical costs related to fall injuries (78% paid by Medicare and Medicaid)
- This total cost is projected to increase to over **\$101 billion** by 2030
- Even **falls without injury** can cause fear of falling, leading to physical decline, depression, and social isolation

The Solution: Proven Evidence-Based Falls Prevention Programs



A MATTER OF BALANCE

decreases total annual medical costs by **\$938**, reduces hospitalization costs by **\$517**, reduces skilled nursing facility costs by **\$237**, and reduces home health costs by **\$81** per participant



OTAGO EXERCISE PROGRAM

reduces falls by **35%** resulting in a **\$429** net benefit per participant and a **127%** return on investment



STEPPING ON

reduces falls by **30%** resulting in **\$134** net benefit per participant and a **64%** return on investment



TAI CHI MOVING FOR BETTER BALANCE

reduces falls by **55%** resulting in a **\$530** net benefit per participant and a **509%** return on investment



CAPABLE*

addresses home modifications to reduce falls risk factors resulting in more than **\$30,000** in savings in medical costs driven by reductions in health care expenditures



ENHANCEFITNESS

reduces falls by **26%**, resulting in an annual medical cost savings of **\$945** per participant

Learn more about these and other proven programs at ncoa.org/FallsPrevention

* Community Aging in Place-Advancing Better Living for Elders Program

ncoa
national council on aging

@NCOAging | ncoa.org | All Rights Reserved | ©2022
251 18th Street South, Suite 500, Arlington, VA 22202



MILWAUKEE COUNTY SENIOR DINING

Thank you for dining with us!
Did you enjoy your meal?

Please take a moment to let us know



(414) 207-5873



(414) 289-6995



SeniorDining@milwaukeecountywi.gov

MILWAUKEE COUNTY SENIOR
DINING





MILWAUKEE COUNTY SENIOR DINING

REGISTRATION FORM

☐ New ☐ Annual Renewal

Site

Date

Last Name		First Name		Middle Initial	Suffix JR SR I II III
Address		City		State	Zip Code
Birthdate (mm/dd/yyyy)	Age	Gender	Phone	Email	
Marital Status ☐ Single ☐ Married ☐ Partnered ☐ Separated ☐ Divorced ☐ Widowed ☐ Other	Military/Veteran? ☐ No ☐ Yes Household ☐ Lives Alone ☐ Lives in LTC Facility ☐ Lives with Others ☐ Unhoused/Unstable housing ☐ Unknown ☐ Other	Preferred Language ☐ English ☐ Hmong ☐ Spanish ☐ Other Ethnicity ☐ Hispanic/Latino ☐ Not Hispanic/Latino		Race ☐ American Indian/Alaskan Native ☐ Asian or Asian American ☐ Black/African American ☐ Hispanic or Latino ☐ Middle Eastern or North African ☐ Native Hawaiian/Pacific Islander ☐ White ☐ Other:	

\$ 2026 INCOME

i Your response will not impact your eligibility. Service is **Age-based, NOT income-based**

For one-person household, income is below \$1,330/month (\$15,960 annually)

☐ No ☐ Yes

For two-person household, income is below \$1,803/month (\$21,640 annually)

☐ No ☐ Yes

NUTRITION SCREEN ☐ Circle the Corresponding Number		No	Yes	How did you hear about us? ☐ Friend/Family ☐ Facebook ☐ Health Provider ☐ Newspaper ☐ Internet Search ☐ Radio/TV ☐ US Mail ☐ Church ☐ Senior Center ☐ Other	Under 60? What makes you eligible? → If under 60 Select One: ☐ Active Dining Volunteer ☐ Spouse of Active Diner ☐ Adult w/Disability lives & dines w/Active Diner OFFICE USE ☐ Received _____ ☐ Diner Card ☐ Diner Handbook ☐ Data Entry _____ ☐ STAFF _____
1 A condition or illness changes the kind or amount of food I eat	0	2			
2 I eat fewer than 2 meals each day	0	3			
3 I eat few fruits, vegetables or milk products	0	2			
4 I have 3+ drinks of beer, wine or liquor almost every day	0	2			
5 Tooth or mouth problems make it hard to eat	0	2			
6 I don't always have enough money to buy the food I need	0	4			
7 I eat alone most of the time	0	1			
8 I take 3+ prescribed or over-the-counter medications a day	0	1			
9 Unintentionally, lost/gained 10 pounds in last 6 months	0	2			
10 Not always physically able to shop, cook or feed myself	0	2			
Scale: 0-2 = Low 3-5 = Moderate 6+ = High		Total Nutrition Risk:			

Emergency Contact

Phone

Relationship

Privacy Statement: The information you are being asked to provide is needed to determine if you are eligible to receive Older Americans Act Services and to comply with federal and state reporting requirements. This information will be stored in a secure electronic database and will not be used for any other purpose. Your information will not be sold or shared with another agency without your permission. You have the right to review your record and request changes to ensure accuracy. You will not be denied most services if you refuse to provide this information. If you have questions regarding this, please ask the aging office staff.

NOTE: Registration Form continues on the back. Please complete both sides

Effective: September 11, 2026

MILWAUKEE COUNTY SENIOR DINING

REGISTRATION *(continued)*

Food Access ➔ 2 Questions:

For each statement, indicate if *Often True*, *Sometimes True* or *Never True* for you in the last 12 months.

1 "I worried whether my food would run out before I got money to buy more."

- ☐ Often True *
- ☐ Sometimes True *
- ☐ Never True

2 "The food that I bought just didn't last, and I didn't have money to get more."

- ☐ Often True *
- ☐ Sometimes True *
- ☐ Never True

Weight Loss and Appetite ➔ 2 Questions:

1 Have you recently lost weight without trying?

- ☐ No Score = 0
- ☐ Not Sure Score = 2
- ☐ Yes ➔

If YES, how much weight have you lost?

☐ 2-13 pounds	Score	1
☐ 14-23 pounds	Score	2
☐ 24-33 pounds	Score	3
☐ 34 pounds or more	Score	4
☐ Unsure	Score	2

WEIGHT LOSS Score =

2 Have you been eating poorly because of a decreased appetite?

- ☐ No
- ☐ Yes

No	Score	0
Yes	Score	1

APPETITE Score =

Weight Loss Score

+

Appetite Score

➔

TOTAL MST Score

=

☐ OK to refer to Dietitian for Follow-Up?

FOR OFFICE USE:

Final Determine Score:

Determine Nutrition Risk Level

- ☐ Low Risk (0-2)
- ☐ Moderate Risk (3-5)
- ☐ High Risk (6 or more)



MST Malnutrition Screen Score

- ☐ Not at Risk (= 0 to 1)
- ☐ At Risk (= 2 or more)

FOOD INSECURE?

Response of *Often True* or *Sometimes True* to either question = Food Insecure.

- ☐ NO ☐ YES

Next Steps:

- ☐ Refer to Dietitian
- ☐ EBS to complete Foodshare Application
- ☐ Provide food pantries & community meals info

☐ Recorded the MST Score and Food Insecurity Response in Peer Place.





MILWAUKEE COUNTY SENIOR DINING

CARRYOUT REGISTRATION

☐ NEW☐ Annual Renewal

Site: MCHC

Date

Last Name		First Name		Middle	Suffix JR SR I II III
Address			City	State	Zip Code
Birthdate mm/dd/yyyy	Age	Gender	Phone	Email	
Marital Status ☐ Single ☐ Married ☐ Partnered ☐ Separated ☐ Divorced ☐ Widowed ☐ Other	Military/Veteran? ☐ No ☐ Yes Household ☐ Lives Alone ☐ Lives in LTC Facility ☐ Lives with Others ☐ Unhoused/Unstable housing ☐ Unknown ☐ Other		Preferred Language ☐ English ☐ Hmong ☐ Spanish ☐ Other: Ethnicity ☐ Hispanic/Latino ☐ Not Hispanic/Latino		Race ☐ American Indian/Alaskan Native ☐ Asian or Asian American ☐ Black/African American ☐ Hispanic or Latino ☐ Middle Eastern or North African ☐ Native Hawaiian/Pacific Islander ☐ White ☐ Other:

**2026 INCOME**

For one-person household, income is below \$1,330/month (\$15,960 annually)

☐ No ☐ Yes

For two-person household, income is below \$1,803/month (\$21,640 annually)

☐ No ☐ Yes

FUNCTIONAL SCREEN

✓ Select if client needs substantial assistance, verbal reminders, physical prompts or supervision. If none, enter 0 for Total

Activities of Daily Living (ADL's)

- ☐ **Bathing:** Gets in/out of Bath/Shower; Safely washes/dries self
- ☐ **Dressing:** Dresses & undresses safely
- ☐ **Toileting:** Uses toilet & cleans self
- ☐ **Transferring:** Moves in and out of bed or chair
- ☐ **Feeding:** Uses utensils & eats independently
- ☐ **Continence:** Exercises complete self-control

☐ ADL TOTAL

NUTRITION SCREEN

○ Circle the corresponding number

No Yes

- | | | |
|--|---|---|
| ① A condition or illness changes the kind/amount of food I eat | 0 | 2 |
| ② Eats fewer than 2 meals each day | 0 | 3 |
| ③ Eats few fruits, vegetables or milk products | 0 | 2 |
| ④ Has 3+ drinks of beer, wine or liquor almost every day | 0 | 2 |
| ⑤ Tooth or mouth problems make it hard to eat | 0 | 2 |
| ⑥ Doesn't always have enough money to buy the food I need | 0 | 4 |
| ⑦ Eats alone most of the time | 0 | 1 |
| ⑧ Takes 3+ prescribed/over-the-counter medications a day | 0 | 1 |
| ⑨ Has lost/gained 10 pounds in last 6 months (not on purpose) | 0 | 2 |
| ⑩ Not always physically able to shop, cook or feed self | 0 | 2 |

Scale: 0-2 = ● Low 3-5 = ● Moderate 6+ = ● High

Total Nutrition Risk

Instrumental Activities of Daily Living (IADLs)

- ☐ Plans, prepares & eats adequate meals independently
- ☐ Takes care of shopping needs independently
- ☐ Takes medications in correct dosages at proper times
- ☐ Handles financial matters & day-to-day purchases
- ☐ Participates in housekeeping tasks
- ☐ Launders items independently
- ☐ Travels unassisted via personal vehicle, bus, taxi
- ☐ Dials and answers the telephone

☐ IADL TOTAL

How did you hear about us?

- ☐ Friend/Family
- ☐ Facebook
- ☐ Health Provider
- ☐ Newspaper
- ☐ Internet Search
- ☐ Radio/TV
- ☐ US Mail
- ☐ Church
- ☐ Senior Center
- ☐ Other

Under 60?

What makes you eligible?

→ If under 60 Select One:

- ☐ Dedicated Dining Volunteer
- ☐ Spouse of Active Diner
- ☐ Adult w/Disability lives & dines w/Active Diner

OFFICE USE

- ☐ Received _____
- ☐ Diner Card
- ☐ Diner Handbook
- ☐ Data Entry _____
- ☐ STAFF _____

Emergency Contact _____

Phone _____

Relationship _____

Privacy Statement: The information you are being asked to provide is needed to determine if you are eligible to receive Older Americans Act Services and to comply with federal and state reporting requirements. This information will be stored in a secure electronic database and will not be used for any other purpose. Your information will not be sold or shared with another agency without your permission. You have the right to review your record and request changes to ensure accuracy. You will not be denied most services if you refuse to provide this information. If you have questions regarding this, please ask the aging office staff.

Effective: 9.15.26

MILWAUKEE COUNTY SENIOR DINING

CARRYOUT REGISTRATION *(continued)*

Food Access ➞ 2 Questions:

For each statement, indicate if *Often True*, *Sometimes True* or *Never True* for you in the last 12 months.

1 "I worried whether my food would run out before I got money to buy more."

- ☐ Often True *
- ☐ Sometimes True *
- ☐ Never True

2 "The food that I bought just didn't last, and I didn't have money to get more."

- ☐ Often True *
- ☐ Sometimes True *
- ☐ Never True

Weight Loss and Appetite ➞ 2 Questions:

1 Have you recently lost weight without trying?

- ☐ No Score = 0
- ☐ Not Sure Score = 2
- ☐ Yes ➞

If YES, how much weight have you lost?

☐ 2-13 pounds	Score	1
☐ 14-23 pounds	Score	2
☐ 24-33 pounds	Score	3
☐ 34 pounds or more	Score	4
☐ Unsure	Score	2

WEIGHT LOSS Score =

2 Have you been eating poorly because of a decreased appetite?

- ☐ No
- ☐ Yes

No	Score	0
Yes	Score	1

APPETITE Score =

Weight Loss Score

+

Appetite Score

➞

TOTAL MST Score

=

☐ OK to refer to Dietitian for Follow-Up?

FOR OFFICE USE:

Final Determine Score:

Determine Nutrition Risk Level

- ☐ Low Risk (0-2)
- ☐ Moderate Risk (3-5)
- ☐ High Risk (6 or more)



MST Malnutrition Screen Score

- ☐ Not at Risk (= 0 to 1)
- ☐ At Risk (= 2 or more)

FOOD INSECURE?

Response of *Often True* or *Sometimes True* to either question = Food Insecure.

- ☐ NO ☐ YES

Next Steps:

- ☐ Refer to Dietitian
- ☐ EBS to complete Foodshare Application
- ☐ Provide food pantries & community meals info

☐ Recorded the MST Score and Food Insecurity Response in Peer Place.

