MILWAUKEE COUNTY SENIOR DINING

MILWAUKEE CHRISTIAN CENTER

807 S. 14th STREET

MILWAUKEE COUNTY
Department on Aging

FOR CURBSIDE PICK-UP

APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RESERVATIONS REQUIRED **902-5384**		60+ Suggested Contribution **$3.00** find us on facebook	**1** Shaved Ham w/Mustard Multi-Grain Bread Red Cabbage Slaw String Cheese Jello Poke Cake Fresh Orange	**2** Egg Salad Wheat Bread Veggie Pasta Salad Melon Wedge Snickerdoodle Cookie Banana
5 Chicken Salad 7-Grain Bread Marinated Vegetables Cottage Cheese Mandarin Oranges Rice Krispie Treat	**6** ELECTION DAY CLOSURES Sub Sandwich Creamy Coleslaw Chips Cranberry Juice Apple	**7** 7-Layer Salad *Hard Boiled Egg, Bacon, Peas, Shredded Cheddar, Romaine Lettuce Blend, Chives, Salad Dressing* Fruit Punch Cornbread Strawberry Yogurt	**8** Chopped Chicken Fajita Salad Tortilla Chips Baby Carrots Juice Chilled Pear Slices	**9** Tuna Salad Marble Rye Bread Broccoli Slaw Pickled Beets Pretzels Fresh Fruit Cup
12 Roast Beef Spread w/Mayo & Horseradish Sesame Bread Marinated Bean Salad Cauliflower Chilled Apricots Lorna Doone Cookies	**13** Turkey Salad Oatmeal Bread Pasta Salad Orange Juice Lemon Bar Pineapple	**14** Chef's Salad *Mixed Greens, Julienne Ham, Turkey, Cheese, Egg, Tomato, Croutons, Ranch* Poppy Seed Roll Baker's Choice Banana	**15** 3-Cheese Sandwich w/Cucumber & Tomato Sourdough Bread Mixed Greens/Dressing Asian Coleslaw Fresh Broccoli Apple	**16** Sliced Ham w/Mustard on Rye Bread French Potato Salad Cherry Tomatoes Fruited Yogurt Cereal Bar
19 Egg Salad Multi-Grain Roll Marinated Carrot Salad String Cheese Pretzels Cinnamon Applesauce	**20** Roast Beef Sandwich w/Mayo on Crusty Roll Cucumber Salad 3-Bean Salad Oatmeal Raisin Cookie Orange	**21** Chicken Caesar Salad *Grilled Chicken, Romaine Tomatoes, Croutons Parmesan, Dressing* Whole Grain Dinner Roll Cottage Cheese Sliced Peaches	**22** Submarine Sandwich w/Lettuce & Tomato Potato Salad Pickle Spear Fruited Muffin Grapes	**23** Chicken Salad 7-Grain Bread Red Cabbage Slaw Sun Chips Brownie Fresh Fruit
26 Ham & Cheese w/Mustard Whole Grain Bun American Potato Salad Pickled Beets Fruited Yogurt Graham Crackers	**27** Sliced Turkey w/Mayo Kaiser Roll Pea & Cheese Salad Pickle Spear Applesauce Baker's Choice Pie	**28** Tuna Salad *Celery, Onion, Tomatoes, Served over Lettuce* Croissant Kidney Bean Salad Fruit Cup Chocolate Chip Cookie	**29** Turkey Salad Whole Grain Bread Spinach Salad/Dressing Apple Juice Peanut Butter Cookie Fruit	**30** Taco Salad *Taco Beef, Beans, Cheese Tomato, Onion, Peppers Dressing, Shredded Lettuce* Tortilla Chips Baby Carrots Cornbread Muffin Fresh Fruit

View Menus Online! Milwaukee County Division on Aging: county.milwaukee.gov/aging ♦ Senior Dining Office: (414) 289-6995

SAFE FOOD SHOPPING GUIDE

Home food safety starts at the store. Grocery shopping must be done safely to reduce the risk of food poisoning. By following these recommendations, you can help make sure the food you bring home is safe.

STOREWIDE TIPS

Bring hand sanitizer and use it before sampling foods at the store

If the "sell by" date has passed, don't buy the product

Make sure food packages are free from holes, tears or openings

PRODUCE

When buying pre-cut, fresh produce, make sure it's refrigerated or set in ice

Keep fruits and vegetables separate from raw meat, poultry and seafood products in your cart

Pick produce that is free of major bruises and damages

Beware of bulk discounts, since fresh produce has a limited shelf life

CANNED GOODS

Avoid buying cans that are deeply dented, bulging or rusting

Buy these perishable items toward the end of your shopping trip:

MEAT, POULTRY & FISH

Put raw meat, poultry and seafood in plastic bags before placing them in your cart to keep them from leaking onto other foods

Choose pre-cooked meats and fish from the butcher counter that are completely separated from raw items in the display

DAIRY & EGGS

Choose a milk carton that is cold

Choose eggs that are clean and aren't broken or cracked

FROZEN FOODS

Frozen foods should show no signs of thawing

CHECKOUT

When checking out, bag frozen foods together to keep them cold

Bag raw meats, poultry and seafood separate from other foods to keep juices from leaking

HEADING HOME

Go home immediately after grocery shopping because perishable food must be refrigerated within two hours

- If you know you can't go straight home, bring a cooler bag to store the perishable items
- Wash reusable grocery bags regularly

For more tips to keep food safe from the store to your fork, visit www.HomeFoodSafety.org.

Home Food Safety
www.homefoodsafety.org

eat right. Academy of Nutrition and Dietetics

Read the label!

More than **90%** of Americans may be prematurely tossing food because they misinterpret food labels as indicators of food safety. Know your labels:

0 123456 789012
SELL BY: 18 JUNE 2020

- The "sell by" date tells the store the last day they should sell that specific package.
- The "best if used by" date is the recommended date for best flavor or quality.
- The "use by" date is the last date recommended for use of the product at peak quality.

Buy the product before the Sell By date passes and cook or freeze the product by the time on the Refrigerator/Freezer Storage Chart

If a product has a "use by" date, follow that date

WAYS TO PRESERVE FOOD & MAKE IT LAST LONGER

FREEZE

surplus food, such as abundant seasonal produce or meats to extend shelf life.

Wrap freezer items in heavy freezer paper, plastic wrap, freezer bags or foil

Blanch vegetables before freezing

Date all freezer packages and use the oldest food first

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FOOD FROZEN ON

	JAN	JULY	1	2	3	4	5	6
	FEB	AUG	7	8	9	10	11	12
	MAR	SEPT	13	14	15	16	17	18
	APR	OCT	19	20	21	22	23	24
	MAY	NOV	25	26	27	28	29	30
	JUNE	DEC	31					

USE A REFRIGERATOR THERMOMETER TO ENSURE THE FREEZER IS SET TO OR BELOW. 0°F

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KEEP IT SAFE

FROM PURCHASE TO PLATE

1. DON'T PURCHASE PRODUCE WITH MOLD OR BRUISES OR CUTS
2. WASH ALL PRODUCE BEFORE EATING
3. SEPARATE ready-to-eat foods like fruits and vegetables from raw meat, poultry, seafood and eggs
4. Set fridge to 40°F or lower

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