

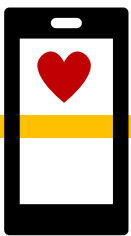
MILWAUKEE COUNTY SENIOR DINING

WHERE SENIORS **LOVE** TO LUNCH



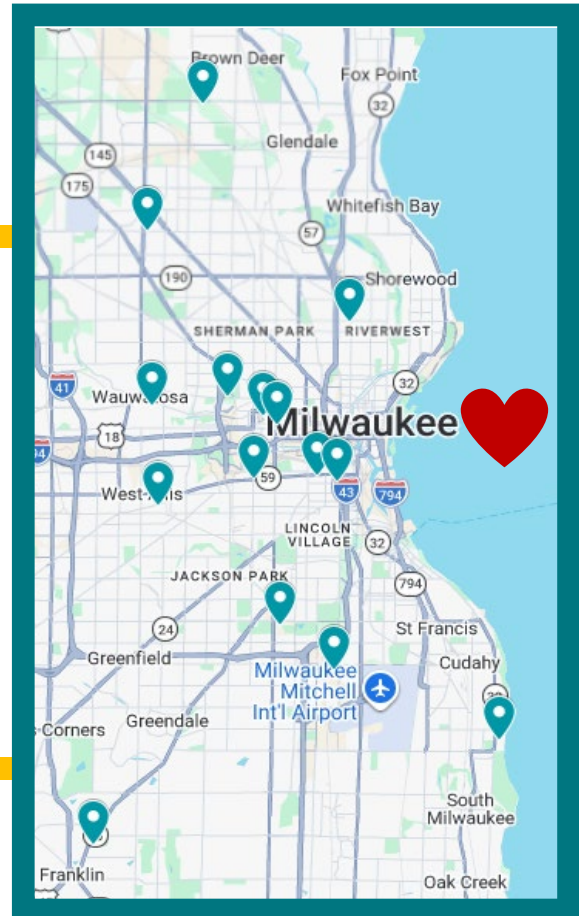
Join Us!

- 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



414-289-6874



county.milwaukee.gov/aging



SeniorDining@milwaukeecountywi.gov



Senior Dining Office: 414-289-6995

MILWAUKEE COUNTY SENIOR DINING

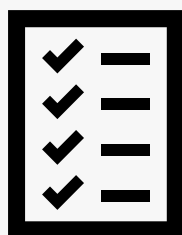
We invite you to explore your options with our ever-changing lineup.
Please Call your preferred site for critical updates, reservations
and specific service information.

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



8/1/2026

MILWAUKEE COUNTY SENIOR DINING

EXPLORE



Become a **Senior Diner!**



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

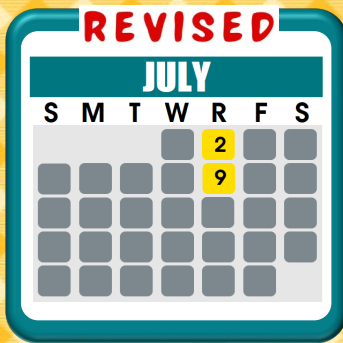
MILWAUKEE COUNTY SENIOR DINING



FOOD TRUCK THURSDAYS

REVISED

2026 Schedule



For anyone 60+
On-site Registration Available



Muslim Community & Health Center
803 W. Layton Avenue Milwaukee 53221



11:00am - 1:00pm

**Suggested
Contribution**



60+

\$ 3.00

Weather Permitting



**MILWAUKEE
COUNTY**



**Follow us on
facebook**

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?



- 7 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?



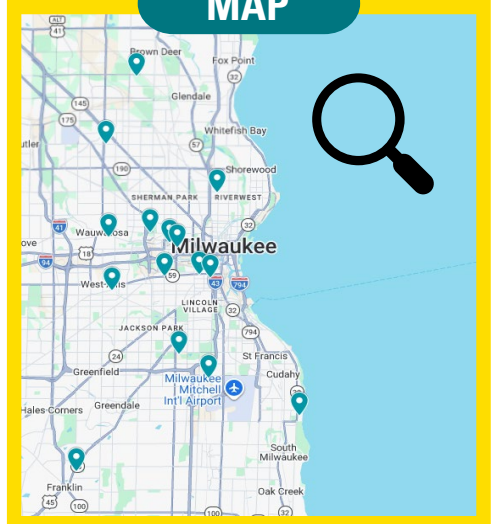
\$3.00 *Suggested Contribution*



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



Last Day of Service

Monday

July 27, 2026



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 - 2:00PM

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
 CLOSED CERRADO	 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)



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



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



Now Open for Senior Dining

Thursdays 11:00 AM - 2:00 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)





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



AUGUST



Monday	Tuesday	Wednesday	Thursday	Friday
Sloppy Joe Bun 3 Au Gratin Potatoes Vegetables du Jour Ambrosia	Baked Chicken 4 Gravy Rice Black Beans & Corn Cran-Apple Juice Mandarin Oranges	Chicken Gyro Salad 5 <i>Grilled Chicken, Onion</i> <i>Lettuce, Onion, Tzatziki</i> Bread Baby Carrots Peaches	Meatball Sub 6 Tater Tots Calico Beans String Cheese Fruit Compote	Breakfast Bake 7 <i>Egg, Potato, Bacon, Cheese</i> Stewed Tomatoes Cinnamon Apples Orange Juice Fruited Bread/Muffin
Peachy Pork Roast 10 Sweet Potatoes Brussels Sprouts Whole Grain Bread Grapes	Beef Stroganoff 11 Egg Noodles Broccoli Beets Cornbread Muffin Fresh Pear	Chef's Salad 12 <i>Turkey, Ham, Egg, Cheese</i> <i>Tomato, 1,000 Island</i> Dinner Roll Yogurt Angel Food Cake/Berries	Stir-Fry Glazed Chicken 13 Rice Pilaf Stir-Fry Vegetables Asian Slaw Tropical Fruit Cup	Pizza Burger (Open-Faced) 14 Italian Vegetables Rotini Pasta Salad Mango Applesauce Fruit Crisp Fruit
Italian Sausage 17 Noodles/Marinara Sautéed Spinach Chilled Pears Clementine	Baked Fish 18 Potato Pancakes Peas & Carrots Applesauce Dessert Fluff	Turkey BLT Salad 19 <i>Turkey, Bacon, Cheese</i> <i>Romaine, Tomato, Ranch</i> French Bread Fruited Jello Melon	BBQ Riblet 20 on Bun Smashed Potatoes Country Vegetables Fruit Punch Apple	Meatloaf & Gravy 21 Parsley Potatoes Cabbage Fruit Cocktail Cookie Fruit
Creole Chicken 24 Red Beans & Rice Carrots Hawaiian Dinner Roll Pineapple	Hot Turkey/Bun 25 Potato Casserole Succotash Cranberry Sauce Baker's Choice Fruit	Build Your Own 26 Chicken Caesar Wrap Soft Flour Tortilla Broccoli Florets Banana NutriGrain Bar	Chicken Parmesan 27 Noodles & Sauce Garlic Green Beans Garden Salad Fresh Orange	Cheddarwurst 28 Bun German Potato Salad Baked Beans Grape Juice Creamy Fruit Salad

Cranberry Meatballs **31**
 Mashed Potatoes
 Chef's Vegetables
 Pea & Cheese Salad
 Lorna Doone Cookies
 Fruit



Goodwill

Greater Milwaukee & Chicago

MEALS ON WHEELS

* Menu subject to change without notice

find us on **facebook**

Fruit = Diabetic Dessert



MILWAUKEE COUNTY

MEALS ON WHEELS



(414) 358-6527



AGOSTO



Lunes	Martes	Miércoles	Jueves	Viernes
3 Sloppy Joe Bien Patatas Gratinadas Verduras del día Ambrosia	4 Pollo al Horno Salsa Arroz Frijoles Negros y Maíz 🍷 Zumo de Cran-Apple Mandarinas	5 Ensalada de pollo con Gyro Pan Zanahorias Baby Melocotones	6 Albóndigas en Bun Tater Tots Frijoles de calicó Queso en tiras Compota de frutas	7 Desayuno Horneado <i>Huevo, Patata, bacon, queso</i> Tomates guisados Manzanas con canela 🍊 Zumo de naranja Magdalena de Fruta
10 Asado de cerdo Batatas Coles de Bruselas Pan integral Uvas	11 Stroganoff de ternera Fideos de huevo Brócoli Remolachas Pan de maíz Pera fresca	12 Ensalada del Chef <i>Turkey, Ham, Egg, Cheese</i> <i>Tomato, 1,000 Island</i> Panecillo Yogur Bizocho de angel	13 Pollo glaseado salteado Rice Pilaf Salteado de verduras Ensalada asiática Copa de frutas	14 Hamburguesa de pizza Verduras italianas Ensalada de pasta Compota de manzana Crujiente de frutas ❤️ Fruta
17 Salchicha italiana Fideos/Marinara Espinacas salteadas Peras frías Clementine	18 Pescado al horno Tortitas de patata Guisantes y Zanahorias Compota de manzana Pelusa de postre	19 Ensalada BLT de Pavo Pan francés Gelatina frutada Melón	20 BBQ Riblet en Bun Puré de patatas Verduras rurales 🍷 Ponche de frutas Manzana	21 Pastel de carne Patatas con perejil Col Cóctel de frutas Cookie ❤️ Fruta
24 Pollo criollo Judías rojas y arroz Zanahorias Panecillo hawaiano Piña	25 Pavo caliente/Panecillo Cazuela de patata Succotash Salsa de arándanos La elección del panadero ❤️ Fruta	26 <i>Construye el tuyo propio</i> Wrap César de Pollo Tortilla de harina Floretes de Brócoli Plátano Barra de Nutrigrain	27 Pollo a la parmesana Fideos y salsa Judías verdes con ajo Ensalada de huerto Naranja fresca	28 Cheddarwurst Bien Ensalada de papas Alubias al horno 🍇 Zumo de Uva Ensalada de frutas

31
 Albóndigas de arándanos
 Puré de patatas
 Verduras del chef
 Ensalada de guisantes
 Galletas
 ❤️ Fruta

Goodwill
 Greater Milwaukee & Chicago

MEALS ON WHEELS

* Menú sujeto a cambios

find us on **facebook**

❤️ = Postre diabético

\$4.00
 Contribución Sugerida

HEALTHY HEART, HEALTHY BRAIN, AND HEALTHY AGING

Choices you make today can help prevent stroke and heart disease and keep you mentally sharp as you age.



American
Stroke
Association.
A division of the
American Heart Association.

Avoid **brain problems** like stroke, memory loss and difficulties with thinking and learning by **taking the following actions:**



MANAGE BLOOD
PRESSURE, BLOOD
GLUCOSE &
CONTROL
CHOLESTEROL



SLEEP
WELL



STOP SMOKING &
LIMIT ALCOHOL
INTAKE



EAT
BETTER



MONITOR
COGNITIVE
CHANGES



GET
PHYSICALLY
AND SOCIALLY
ACTIVE



LOSE
WEIGHT



**150 MINUTES
OF PHYSICAL ACTIVITY
PER WEEK**

**& A WELL-BALANCED DIET
CAN IMPROVE MEMORY
AND YOUR ABILITY TO PROCESS INFORMATION**

Research shows a **brain-healthy diet** is:



HIGH in fruits, vegetables, poultry, fish, nuts,
whole grains and low-fat foods



LOW amounts of red meats, sweets, sugar-sweetened
beverages, saturated fat and cholesterol



**80% OF STROKES
AND HEART DISEASE
MAY BE PREVENTABLE¹**

All systems of our bodies work best when they have optimal blood flow, and our brain's ability to think, regulate, control our bodies and enjoy life is no exception.

¹<https://www.ahajournals.org/doi/full/10.1161/STROKEAHA.116.042008>

For more information visit **heart.org/BrainHealth**



county.milwaukee.gov/aging



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		MI	SUFFIX JR SR I II III
ADDRESS		CITY			ZIP CODE
BIRTHDATE (MM/DD/YYYY)	AGE	PHONE		EMAIL	

MARITAL STATUS ☐ Single ☐ Married ☐ Partnered ☐ Separated ☐ Divorced ☐ Widowed ☐ Other _____	GENDER ☐ Female ☐ Male ☐ Transgender Female ☐ Transgender Male ☐ Transgender Unspecified ☐ Gender Fluid ☐ Gender Nonconforming ☐ Self-Describe	RACE ☐ American Indian/Alaskan Native ☐ Asian ☐ Black/African American ☐ Native Hawaiian/Pacific Islander ☐ White ☐ Other: _____	ETHNICITY ☐ Hispanic/Latino ☐ Not Hispanic/Latino HOUSEHOLD ☐ Lives Alone ☐ Lives With Others MILITARY/VETERAN? ☐ NO ☐ YES
---	---	---	--

2026 INCOME LEVEL (Your response will not impact your eligibility. 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 <i>Circle the Corresponding Number</i>		YES	NO	How did you hear about us	Under 60? <i>How are you eligible?</i> → <i>If under 60 Select One:</i> ☐ Active Dining Volunteer ☐ Spouse of Active Diner ☐ Disabled: Live w/Elder Relative
①	A condition or illness changes the kind/amount of food I eat	2	0	☐ Friend/Family ☐ Facebook ☐ Health Provider ☐ Newspaper ☐ Internet ☐ Email ☐ US Mail ☐ Church ☐ Senior Center ☐ Other _____	
②	I eat fewer than 2 meals each day	3	0		
③	I eat few fruits, vegetables or milk products	2	0		
④	I have 3+ drinks of beer, wine or liquor each day	2	0		
⑤	Tooth or mouth problems make it hard to eat	2	0		
⑥	I don't always have enough money to buy food	4	0		
⑦	I eat alone most of the time	1	0		
⑧	I take 3+ prescribed/over-the-counter medications	1	0		
⑨	Unintentionally, lost/gained 10 pounds in 6 months	2	0		
⑩	Not always physically able to cook or feed myself	2	0		
NUTRITION RISK LEVEL: 0-2 LOW 3-5 MODERATE 6+ HIGH					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 eligibility to receive Older Americans Act Services and to comply with federal 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 shared without your permission. If you have questions regarding this, please ask the aging unit staff."

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

EFFECTIVE: February 1, 2026

MILWAUKEE COUNTY SENIOR DINING

REGISTRATION *(continued)*

FOOD INSECURITY ➞ 2 Questions:

Read these statements people have made about their food situation. For each statement, please indicate whether the statement was **OFTEN TRUE**, **SOMETIMES TRUE** or **NEVER TRUE** for you or your household 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

MALNUTRITION SCREENING TOOL (MST) ➞ 2 Questions:

① Have you recently lost weight without trying?

☐ NO ☐ 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	1

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 **Oftentimes True** or **Sometimes True** to either question = Food Insecure.

- ☐ NO ☐ YES



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



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