

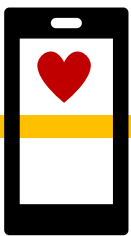
MILWAUKEE COUNTY SENIOR DINING

WHERE SENIORS **LOVE** TO LUNCH



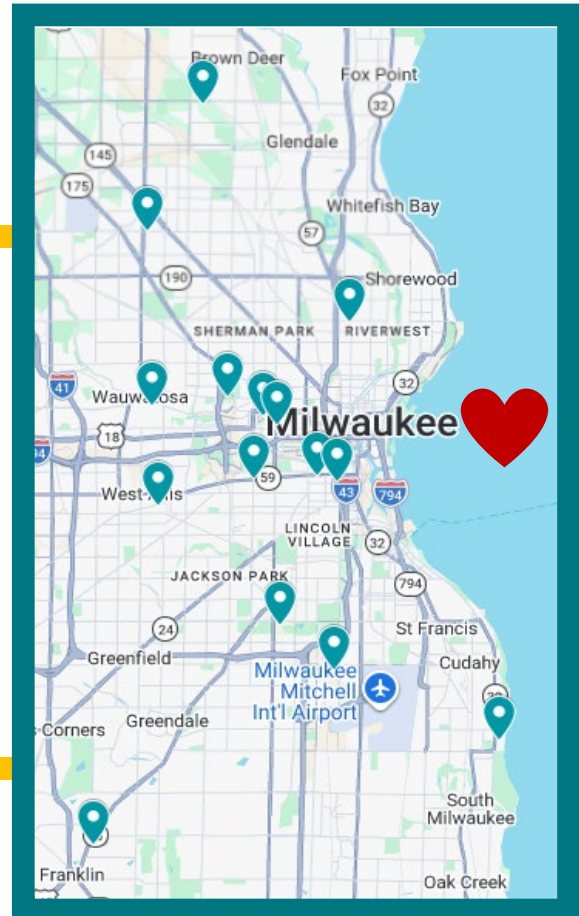
Join Us!

- 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

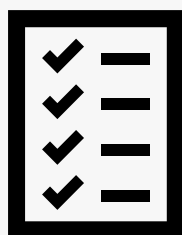
We invite you to explore your options with our ever-changing lineup.
Please Call your preferred site for critical updates, reservations
and specific service information.

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

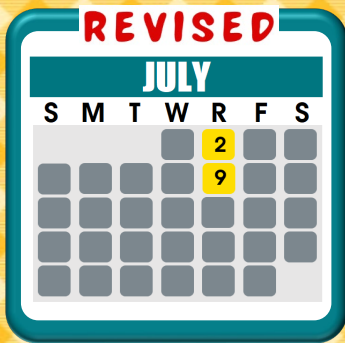
MILWAUKEE COUNTY SENIOR DINING



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**



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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?



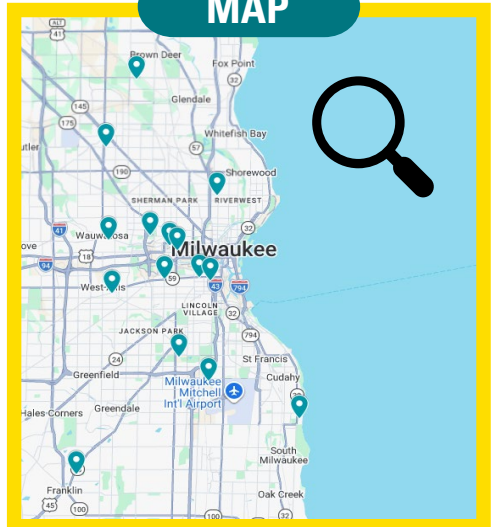
\$3.00 *Suggested Contribution*



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

CLINTON ROSE

3045 N. Martin Luther King Drive



(414) 263-2255

11:00 For In-Person Dining



AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday
Sloppy Joe Bun Au Gratin Potatoes Vegetables du Jour Ambrosia	Baked Chicken Gravy Rice Black Beans & Corn Cran-Apple Juice Mandarin Oranges	Chicken Gyro Salad <i>Grilled Chicken, Onion</i> <i>Lettuce, Onion, Tzatziki</i> Bread Baby Carrots Peaches	Meatball Sub Tater Tots Calico Beans String Cheese Fruit Compote	Breakfast Bake <i>Egg, Potato, Bacon, Cheese</i> Stewed Tomatoes Cinnamon Apples Orange Juice Fruited Bread/Muffin
Peachy Pork Roast Sweet Potatoes Brussels Sprouts Whole Grain Bread Grapes	Beef Stroganoff Egg Noodles Broccoli Beets Cornbread Muffin Fresh Pear	Chef's Salad <i>Turkey, Ham, Egg, Cheese</i> <i>Tomato, 1,000 Island</i> Dinner Roll Yogurt Angel Food Cake/Berries	Stir-Fry Glazed Chicken Rice Pilaf Stir-Fry Vegetables Asian Slaw Tropical Fruit Cup	Pizza Burger (Open-Faced) Italian Vegetables Rotini Pasta Salad Mango Applesauce Fruit Crisp Fruit
Italian Sausage Noodles/Marinara Sautéed Spinach Chilled Pears Clementine	Baked Fish Potato Pancakes Peas & Carrots Applesauce Dessert Fluff	Turkey BLT Salad <i>Turkey, Bacon, Cheese</i> <i>Romaine, Tomato, Ranch</i> French Bread Fruited Jello Melon	BBQ Riblet on Bun Smashed Potatoes Country Vegetables Fruit Punch Apple	Meatloaf & Gravy Parsley Potatoes Cabbage Fruit Cocktail Cookie Fruit
Creole Chicken Red Beans & Rice Carrots Hawaiian Dinner Roll Pineapple	Hot Turkey/Bun Potato Casserole Succotash Cranberry Sauce Baker's Choice Fruit	Build Your Own Chicken Caesar Wrap Soft Flour Tortilla Broccoli Florets Banana Nutrigrain Bar	Chicken Parmesan Noodles & Sauce Garlic Green Beans Garden Salad Fresh Orange	Cheddarwurst Bun German Potato Salad Baked Beans Grape Juice Creamy Fruit Salad
Cranberry Meatballs Mashed Potatoes Chef's Vegetables Pea & Cheese Salad Lorna Doone Cookies Fruit	Reservations Required			Suggested Contribution 60+ \$ 3.00

* Menu subject to change without notice

find us on **facebook**

= Healthier Dessert

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

AUGUST



Monday	Tuesday	Wednesday	Thursday	Friday
3 French Dip on Bun w/Swiss Au Jus Potato Wedges Vegetables du Jour Ambrosia	4 Chicken Parmesan Noodles & Sauce Garlic Green Beans Tossed Salad Clementine	5 Turkey BLT Salad <i>Turkey, Bacon, Cheese</i> <i>Romaine, Tomato, Ranch</i> Bread Cottage Cheese Peaches	6 BBQ Riblet on Bun Smashed Potatoes Country Vegetables Rainbow Slaw Melon	7 A. Fried Fish B. Baked Fish French Fries Peas & Pearl Onions Creamy Coleslaw Pineapple
10 Peachy Pork Roast Sweet Potatoes Brussels Sprouts Whole Grain Bread Applesauce	11 Beef Stroganoff Egg Noodles Broccoli Pickled Beets Strawberries & Cream	12 Chef's Salad <i>Turkey, Ham, Egg, Cheese</i> <i>Tomato, French Dressing</i> Broccoli Soup French Bread Orange	13 Chicken Enchilada Rice Cilantro Black Beans Salsa & Sour Cream 🍷 Fruit Punch Mandarin Oranges	14 Breakfast Bake <i>Egg, Potato, Bacon, Cheese</i> Stewed Tomatoes Cinnamon Apples 🍊 Orange Juice Coffee Cake
17 Bratwurst Bun Potato Salad Carrot Raisin Salad 🍅 Tomato Juice Chilled Pears	18 Teriyaki Chicken Rice Pilaf Stir-Fry Vegetables Hawaiian Dinner Roll Tropical Fruit Cup	DINE@FIVE 19 Cranberry Meatballs Mashed Potatoes Chef's Vegetables Pea & Cheese Salad Baker's Choice 🍷 Fruit	20 Grilled Cheese Tomato Soup Chips Raw Veggies Mixed Berries	21 Meatloaf & Gravy Parsley Potatoes Cabbage Rye Bread Pistachio Pudding
24 Hot Turkey & Gravy Sesame Bun Tater Tots Succotash Cranberry Sauce Cookie 🍷 Fruit	25 Broasted Chicken A. Dark Meat B. Light Meat Broasted Potatoes Wisconsin Vegetables Cornbread Fruit Cocktail	26 Big Mac Salad <i>Ground Beef, Lettuce Mix</i> <i>Onion, Tomato, Pickle, 1,000</i> Vegetable Soup Dinner Roll Banana	27 Vegetable Lasagna Salad Beets Garlic Bread Ice Cream Cup 🍷 Fruit	28 Ring Bologna German Potato Salad Baked Beans 🍇 Grape Juice Apple Crumble 🍷 Apple
31 A. Supreme Pizza B. Cheese Pizza Garden Salad Raw Cauliflower 🍷 Cran-Apple Juice Cantaloupe	Reservations Required ✳ Menu subject to change without notice find us on facebook 🍷 = Healthier Dessert Suggested Contribution 60+ \$ 3.00			

MILWAUKEE COUNTY SENIOR DINING

FRANKLIN

9229 W. Loomis Road



(414) 427-7696

11:00 For In-Person Dining

AUGUST



Monday	Tuesday	Wednesday	Thursday	Friday
Sloppy Joe 3 Bun 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 <i>(Open-Faced)</i> 14 Italian Vegetables Rotini Pasta Salad Mango Applesauce Fruit Crisp Heart 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 Heart Fruit
Creole Chicken 24 Red Beans & Rice Carrots Hawaiian Dinner Roll Pineapple	Hot Turkey/Bun 25 Potato Casserole Succotash Cranberry Sauce Baker's Choice Heart 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

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



* Menu subject to change without notice

find us on facebook

Heart = Healthier Dessert

Suggested Contribution

60+
\$3.00

MILWAUKEE COUNTY SENIOR DINING

HART PARK 7300 Chestnut Street



(414) 257-3534

11:00 For In-Person Dining



AUGUST



Monday	Tuesday	Wednesday	Thursday	Friday
Sloppy Joe Bun Au Gratin Potatoes Vegetables du Jour Ambrosia 3	Baked Chicken Gravy Rice Black Beans & Corn Cran-Apple Juice Mandarin Oranges 4	Chicken Gyro Salad <i>Grilled Chicken, Onion Lettuce, Onion, Tzatziki</i> Bread Baby Carrots Peaches 5	Meatball Sub Tater Tots Calico Beans String Cheese Fruit Compote 6	Breakfast Bake <i>Egg, Potato, Bacon, Cheese</i> Stewed Tomatoes Cinnamon Apples Orange Juice Fruited Bread/Muffin 7
Peachy Pork Roast Sweet Potatoes Brussels Sprouts Whole Grain Bread Grapes 10	Beef Stroganoff Egg Noodles Broccoli Beets Cornbread Muffin Fresh Pear 11	Chef's Salad <i>Turkey, Ham, Egg, Cheese Tomato, 1,000 Island</i> Dinner Roll Yogurt Angel Food Cake/Berries 12	Stir-Fry Glazed Chicken Rice Pilaf Stir-Fry Vegetables Asian Slaw Tropical Fruit Cup 13	Pizza Burger (Open-Faced) Italian Vegetables Rotini Pasta Salad Mango Applesauce Fruit Crisp Fruit 14
Italian Sausage Noodles/Marinara Sautéed Spinach Chilled Pears Clementine 17	Baked Fish Potato Pancakes Peas & Carrots Applesauce Dessert Fluff 18	Turkey BLT Salad <i>Turkey, Bacon, Cheese Romaine, Tomato, Ranch</i> French Bread Fruited Jello Melon 19	BBQ Riblet on Bun Smashed Potatoes Country Vegetables Fruit Punch Apple 20	Meatloaf & Gravy Parsley Potatoes Cabbage Fruit Cocktail Cookie Fruit 21
Creole Chicken Red Beans & Rice Carrots Hawaiian Dinner Roll Pineapple 24	Hot Turkey/Bun Potato Casserole Succotash Cranberry Sauce Baker's Choice Fruit 25	Build Your Own Chicken Caesar Wrap Soft Flour Tortilla Broccoli Florets Banana Nutrigrain Bar 26	Chicken Parmesan Noodles & Sauce Garlic Green Beans Garden Salad Fresh Orange 27	Cheddarwurst Bun German Potato Salad Baked Beans Grape Juice Creamy Fruit Salad 28
Cranberry Meatballs Mashed Potatoes Chef's Vegetables Pea & Cheese Salad Lorna Doone Cookies Fruit 31	Reservations Required			* Menu subject to change without notice find us on facebook Heart icon = Healthier Dessert Suggested Contribution 60+ \$ 3.00

MILWAUKEE COUNTY SENIOR DINING

INDIAN COUNCIL OF THE ELDERLY

944 N. 33rd Street



(414) 933-1401

No Reservations

11:00 For In-Person Dining



AUGUST



Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Pot Pie Steamed Broccoli Biscuit Juice Fruit3	4	5	Scrambled Egg Bake Bacon Hashbrowns Juice Fruit6	Chicken Lo Mein Egg Roll Asian Vegetables Juice Fruit7
Lasagna Green Beans Garlic Bread Juice Fruit10	11	12	BBQ Pulled Pork Potato Salad Coleslaw Juice Fruit13	Egg Salad Sandwich Chips 3-Bean Salad Juice Fruit14
Crispy Chicken Sandwich French Fries Steamed Carrots Juice Fruit17	18	19	Chicken Alfredo Steamed Broccoli Breadstick Juice Fruit20	Cabbage Roll/Sauce Roasted Potatoes Green Beans Juice Fruit21
Pepperoni Calzone Steamed Broccoli Garden Salad Juice Fruit24	25	26	Black Bean Burger Sweet Potato Fries Squash & Brussels Sprouts Juice Fruit27	Sloppy Joe Tater Tots Coleslaw Juice Fruit28
Grilled Chicken Sandwich Pasta Salad 3-Bean Salad Juice Fruit31	First Come First Served Limited to 50 No Reservations find us on facebook * Menu subject to change without notice			Suggested Contribution  60+ \$ 3.00



county.milwaukee.gov/aging

✉ seniordining@milwaukeecountywi.gov

Senior Dining Office: ☎ 414-289-6995

MILWAUKEE COUNTY SENIOR DINING

KELLY

6100 S. Lake Drive



(414) 481-9611 x 4



11:00 For In-Person Dining

AUGUST



Monday	Tuesday	Wednesday	Thursday	Friday
Sloppy Joe Bun 3 Au Gratin Potatoes Vegetables du Jour Ambrosia	Baked Chicken Gravy 4 Rice Black Beans & Corn Cran-Apple Juice Mandarin Oranges	Chicken Gyro Salad 5 <i>Grilled Chicken, Onion 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 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 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



* Menu subject to change without notice

find us on facebook

Heart icon = Healthier Dessert

Suggested Contribution

60+

\$3.00

MILWAUKEE COUNTY SENIOR DINING

MILWAUKEE COMMUNITY CROSSROADS

807 S. 14th Street



(414) 902-5384

11:30 for In-Person Dining

AUGUST



Monday	Tuesday	Wednesday	Thursday	Friday
3 Butterfly Shrimp Rice Green Beans Spinach Salad Chocolate Cookie	4 Chicken Enchilada Rice Corn Garden Salad Sliced Pears	5 Smoked Pork Chops Napa Cabbage Soup Scalloped Potatoes Rice Fresh Fruit	6 Pepper Steak Tofu Soup Rice Chayote Ice Cream	7 Chicken Cordon Bleu Sweet Potatoes Petite Carrots Coleslaw Tropical Fruit Cocktail
10 Chicken Thigh Mushroom Sauce Mashed Potatoes Steamed Zucchini Dinner Roll Diced Peaches	11 Eggs & Spinach Sausage Patty French Toast Breakfast Potatoes Yogurt	12 Chicken Lettuce Wrap Mustard green Soup Rice Yellow & Green Squash Mandarin Oranges	13 Pork Cabbage Roll Eggplant Soup Rice Green Peas Strawberry Applesauce	14 Fish Fry French Fries Broccoli Carrot Slaw Banana
17 Grilled Chicken Spinach & Garlic Noodles Peas & Carrots Rice Creamy Fruit Cocktail	18 Cheeseburger Pasta Salad Chips Oatmeal Cream Pie Grapes	19 Roasted Turkey Mashed Potatoes Stuffing Carrot Medley Spiced Peaches	20 Beef & Potato Noodles Eggplant Soup Rice Diced Pears Ice Cream Sandwich	21 Bratwurst/Bun Potato Salad Green Beans Rice Fresh Fruit
24 Chicken Tenders Egg Drop Soup Rice Zucchini Medley Fruited Jello	25 Hot Ham & Roll Au Gratin Potatoes Broccoli Florets Baked Beans Chilled Pears	26 Chicken Ginger Stir-Fry Rice Steamed Cauliflower Garden Salad w/Garbanzo Beans Birthday Cake	27 Pork Egg Rolls Wonton Soup Rice Side Salad Fresh Fruit	28 Fish Sandwich French Fries Broccoli Coleslaw Grapes
31 Pork Stir-Fry Cabbage Soup Rice Vegetables Strawberry Applesauce	Reservations Required * Menu subject to change without notice Suggested Contribution 60+ \$3.00			

FLOOD IMPACT CLOSURE

UNTIL FURTHER NOTICE

MCGOVERN PARK

Milwaukee County Senior Dining at McGovern Park has been suspended for mold mitigation. In the meantime, please consider joining us at an alternate location.



SUGGESTIONS

Elks Lodge ←.....→ 3.4 Miles

Clinton Rose Senior Center ←.....→ 5.1 Miles

Washington Park Senior Center ←.....→ 5.4 Miles



MILWAUKEE COUNTY SENIOR DINING

MUSLIM COMMUNITY & HEALTH CENTER

803 W. LAYTON AVENUE



(414) 552-3337



FOR CURBSIDE PICKUP

AUGUST



Monday	Tuesday	Wednesday	Thursday	Friday
3 Fried Chicken Potato Wedges Salad Bread Juice Fruit	4 Chicken Karahi Rice Mixed Vegetables Butter Naan Juice Fruit	5 Chicken Boti Rice Shahi Paneer Butter Naan Juice Fruit	6 Shawarma Wrap Fries Salad Juice Fruit	7 Fish Fry Potato Wedges Coleslaw Bread Juice Fruit 
10 Grilled Chicken Wrap Fries Salad Juice Fruit	11 Chicken Biryani Dal Fry Butter Naan Raita Juice Fruit	12 Chicken Tikka Rice Chana Masala Butter Naan Juice Fruit	13 Cheese Quesadilla Fries Salad Juice Fruit	14 Fish Fry Potato Wedges Coleslaw Bread Juice Fruit 
17 Shrimp Fries Salad Bread Juice Fruit	18 Butter Chicken Rice Plain Palak Butter Naan Juice Fruit	19 Chicken Karahi Rice Mixed Vegetables Butter Naan Juice Fruit	20  FOOD TRUCK THURSDAY <i>No Reservations</i>	21 Fish Fry Potato Wedges Coleslaw Bread Juice Fruit 
24 Cheese Quesadilla Fries Salad Juice Fruit	25 Chicken Boti Rice Shahi Paneer Naan Juice Fruit	26 Butter Chicken Rice Plain Palak Butter Naan Juice Fruit	27  FOOD TRUCK THURSDAY <i>No Reservations</i>	28 Fish Fry Potato Wedges Coleslaw Bread Juice Fruit 
31 Buffalo Chicken Wrap Potato Wedges Salad Bread Juice Fruit	 Reservations Required * Menu subject to change without notice   3-DAY NOTICE Suggested Contribution 60+ \$ 3.00			

MILWAUKEE COUNTY SENIOR DINING

UNITED COMMUNITY CENTER

730 W. Washington Street



(414) 649-2807



12:00 for In-Person Dining

AUGUST



Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Fajita Primavera Rice Corn Green Salad Corn Tortilla Mixed Fruit	4 Tuna Salad with Corn, Peas & Carrots Corn Tostada Buttered Elbow Pasta Orange Juice Peaches	5 Cheese Entomatada Brown Rice Mixed Vegetables Sour Cream Tossed Salad Fruited Jell-O	6 Meatloaf Mashed Potatoes Green Beans Dinner Roll Applesauce	7 Vegetable Lasagna Chef's Vegetables Salad/Italian Dressing Garlic Breadstick Sherbet
10 BBQ Pulled Chicken Bun Vegetable Soup Coleslaw Salad Sun Chips Apricots	11 Ground Beef Taco Spanish Rice Lettuce & Tomato Tortilla Salsa & Sour Cream Fruit Cocktail	12 Chicken Patty Alfredo Sauce Grilled Zucchini Romaine Salad Garlic Bread Fresh Orange	13 Cheeseburger Oven-Fried Sweet Potatoes Cauliflower Lettuce & Tomato Mayo & Ketchup Chocolate Cookie	14 Chicken Nachos Beans Lettuce, Tomato, Jalapeno Grape Juice Chilled Pears Tapioca Pudding
17 Tacos de Lechon Asado Mexican Rice Mexican Beans Lettuce & Tomato Salsa Pineapple Tidbits	18 Cheese Enchiladas Green Rice Peas & Carrots Sour Cream Apple Juice Chocolate Ice Cream	19 Chicken Fricase Brown Rice Habichuelas Green Salad Dinner Roll Banana	20 Turkey Chunks & Gravy Mashed Potatoes Peas French Bread Watermelon Birthday Cake	21 Ham & Cheese Sub Broccoli Soup Lettuce & Tomato Sun Chips Chipotle Mayo Sliced Apples
24 Vegetable Quesadilla Vegetable Soup Carrot Coins Salsa Grapes Pudding	25 Chicken Teriyaki Rice Steamed Broccoli Dinner Roll Melon	26 Loaded Baked Potato Ground Beef, Cheese Onion, Lettuce, Tomato Sour Cream & Bacon Brussels Sprouts Fresh Fruit Mix	27 Spaghetti & Meatballs Meat Sauce Sautéed Vegetables Green Salad w/Cucumbers Garlic Bread Blueberry Muffin	28 Tuna Sandwich Pea Soup Spinach Salad French Dressing Pineapple Juice Mandarin Oranges
31 Chicken Patty on Bun Oven Fries Lettuce & Tomato Mixed Berries Vanilla Ice Cream	 Para reservar su almuerzo favor de llamar  Contribución Sugerida  60+ \$ 3.00			

MILWAUKEE COUNTY SENIOR DINING

WASHINGTON PARK

4420 W. Vliet Street



(414) 933-2332

11:30 for In-Person Dining

AUGUST



Monday	Tuesday	Wednesday	Thursday	Friday
Sloppy Joe Bun 3 Au Gratin Potatoes Vegetables du Jour Ambrosia	Baked Chicken Gravy 4 Rice Black Beans & Corn Cran-Apple Juice Mandarin Oranges	Chicken Gyro Salad 5 <i>Grilled Chicken, Onion 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 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 14 <i>(Open-Faced)</i> 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 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

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



* Menu subject to change without notice

find us on **facebook**

Heart icon = Healthier Dessert

Suggested Contribution

60+
\$ 3.00

MILWAUKEE COUNTY SENIOR DINING

WEST ALLIS

7001 W. National Avenue



(414) 302-8703

11:00 for In-Person Dining

AUGUST



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

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



* Menu subject to change without notice

find us on facebook



= Healthier Dessert

Suggested Contribution

60+

\$3.00

MILWAUKEE COUNTY SENIOR DINING

WILSON PARK

2601 W. Howard Avenue



(414) 282-3284

11:30 for In-Person Dining

AUGUST



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

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



* Menu subject to change without notice

find us on **facebook**



= Healthier Dessert

Suggested Contribution
60+
\$3.00

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



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 = Diabetic Dessert \$4.00 SUGGESTED CONTRIBUTION			

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?	
① A condition or illness changes the kind/amount of food I eat		2	0	☐ Friend/Family	
② I eat fewer than 2 meals each day		3	0	☐ Facebook	
③ I eat few fruits, vegetables or milk products		2	0	☐ Health Provider	
④ I have 3+ drinks of beer, wine or liquor each day		2	0	☐ Newspaper	
⑤ Tooth or mouth problems make it hard to eat		2	0	☐ Internet	
⑥ I don't always have enough money to buy food		4	0	☐ Email	
⑦ I eat alone most of the time		1	0	☐ US Mail	
⑧ I take 3+ prescribed/over-the-counter medications		1	0	☐ Church	
⑨ Unintentionally, lost/gained 10 pounds in 6 months		2	0	☐ Senior Center	
⑩ Not always physically able to cook or feed myself		2	0	☐ Other _____	
NUTRITION RISK LEVEL: 0-2 LOW 3-5 MODERATE 6+ HIGH				Under 60? <i>How are you eligible?</i> → If under 60 Select One: ☐ Active Dining Volunteer ☐ Spouse of Active Diner ☐ Disabled: Live w/Elder Relative	
				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.