

# MILWAUKEE COUNTY SENIOR DINING



MILWAUKEE COUNTY  
Department on Aging

**ELKS LODGE**  
5555 W. GOOD HOPE ROAD  
FOR CURBSIDE PICKUP

# AUGUST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Baked Chicken Supreme <b>2</b> Wild Rice Blend Creamed Spinach Multi-Grain Bread Chocolate Brownie ♥ Fresh Fruit	Broccoli & Cheese Omelet <b>3</b> Sausage Links Hash Brown Triangles English Muffin 🍊 Orange Juice Cantaloupe <i>for Brunch</i>	Baked Fish/Sauce <b>4</b> Au Gratin Potatoes Zucchini & Tomatoes Coleslaw Rye Roll Clementine	Meatloaf <b>5</b> Gravy Mashed Potatoes Sunshine Carrots 7-Grain Bread Strawberries	BBQ Pulled Pork <b>6</b> Sesame Bun Macaroni & Cheese Sweet Peas Pickle Spear Red Delicious Apple
Seafood Pasta Salad <b>9</b> on Mixed Lettuce Bed Tomato & Cucumber Slices Croissant 🍊 Orange Juice Sugar Cookie ♥ Pineapple	Stuffed Cabbage Roll <b>10</b> w/Tomato Sauce Mashed Potatoes Carrot Coins Marble Rye Bread Butterscotch Pudding ♥ Banana	Broasted Chicken <b>11</b> Broasted Potatoes Collard Greens Black-Eyed Peas Dinner Roll Peach Crisp ♥ Peaches	Philly Chicken Sandwich <b>12</b> w/Swiss on Multi-Grain Bun Sautéed Onions & Peppers Baby Baker Potatoes Arugula & Tomato Salad Fruited Yogurt Applesauce	Grilled ¼ # Hot Dog <b>13</b> Bun Buttered Corn Calico Baked Beans 🍹 Fruit Punch Cream Puff ♥ Fresh Plum
Swedish Meatballs <b>16</b> Garlic Mashed Potatoes Stewed Tomatoes Multi-Grain Dinner Roll 🍷 Cranberry Juice Tropical Fruit Cup	Chicken Creole <b>17</b> Seasoned Beans & Rice Cauliflower Cornbread Muffin Iced Raisin Spice Cake ♥ Raisins	<div style="border: 2px solid red; padding: 5px; display: inline-block;"><b>DINE@FIVE</b></div> <b>18</b> Honey-Glazed Ham Sweet Potato Wedges Green Beans Poppy Seed Dinner Roll Banana Cream Pie ♥ Banana	Soup du Jour <b>19</b> Club Sandwich w/Lettuce, Tomato, Mayo 3-Bean Salad Sun Chips Watermelon	Irish Beef Stew <b>20</b> Baby Red Potatoes Steamed Broccoli Potato Bread Shamrock Cookie ♥ Fresh Pear
Sloppy Joe <b>23</b> Whole Grain Bun American Potato Salad Country Vegetable Blend 🍏 Apple Juice Baker's Choice Cookie ♥ Fresh Orange	Pork Stew with <b>24</b> Creamy Hunter's Sauce Buttered Egg Noodles Garden Vegetable Blend Cucumber-Onion-Tomato Salad Multi-Grain Bread Fresh Nectarine	Turkey BLT Salad <b>25</b> Chopped Turkey, Bacon <i>Romaine, Tomato, Cheese</i> <i>Ranch Dressing</i> Blueberry Muffin 🍷 Juice Seasonal Fresh Fruit	Soft Beef Taco/Tortilla <b>26</b> Shredded Lettuce, Cheese Tomato & Sour Cream Refried Beans Southwest Style Corn Pineapple Cake ♥ Pineapple	<b>A. Fried Fish</b> <b>27</b> <b>B. Baked Fish</b> French Fries Chef's Vegetables Coleslaw Marble Rye Bread Grapes
Grilled Turkey Burger <b>30</b> on Whole Grain Bun w/Lettuce, Tomato, Onion Scalloped Potatoes California Vegetables Angel Food Cake Mixed Berries	<b>A. Supreme Pizza</b> <b>31</b> <b>B. Cheese Pizza</b> Salad/Dressing Garlic Breadstick Cottage Cheese Peaches	<div style="border: 1px solid black; padding: 5px;">                         60+                          Suggested                          Contribution  <span style="font-size: 2em; font-weight: bold;">\$3.00</span>   </div>		<div style="text-align: center;"> <b>RESERVATIONS REQUIRED</b>   24-Hour Notice  <span style="font-size: 2em; font-weight: bold; color: orange;">CALL SITE</span>  <span style="font-size: 2em; font-weight: bold; color: blue;">414-760-3195</span> </div>

# 6 Ways to Eat Well as You Get Older



1

## Know what a healthy plate looks like

See how to build a healthy plate at [ChooseMyPlate.gov](https://www.choosemyplate.gov)



2

## Look for important nutrients

Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.



3

## Read nutrition labels

Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.



4

## Use recommended servings

Learn the recommended daily servings for adults aged 60+ at [heart.org](https://www.heart.org)



5

## Stay hydrated

Water is an important nutrient too! Drink fluids consistently throughout the day.



6

## Stretch your food budget

Get help paying for healthy food at [BenefitsCheckUp.org/getSNAP](https://www.benefitscheckup.org/getSNAP)