



MILWAUKEE COUNTY
Department on Aging

MILWAUKEE COUNTY SENIOR DINING

GREATER GALILEE
2432 N. TEUTONIA AVENUE

FOR CURBSIDE PICKUP
AUGUST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chef's Salad 2 <i>Ham, Cheese</i> <i>Egg, Bacon</i> <i>Romaine Mix</i> <i>Tomatoes, Croutons</i> <i>Salad Dressing</i> Melon Cup	Turkey Tortilla Wrap 3 <i>Lettuce, Tomato, Cheese</i> <i>Ranch Dressing</i> <i>Carrot Sticks</i> <i>Chips</i> <i>Fruited Yogurt</i> Brownie	Chicken Gyro Salad 4 <i>Grilled Chicken, Romaine</i> <i>Red Onion, Cucumber</i> <i>Tomato, Tzatziki</i> Whole Wheat Dinner Roll Mandarin & Pineapple Sugar Cookie	Tuna Noodle Casserole 5 <i>Baby Green Peas</i> <i>Tomato Juice</i> Dinner Roll Mixed Berries Chocolate Chip Cookie	7-Layer Salad 6 <i>Hard Boiled Egg</i> <i>Bacon, Croutons</i> <i>Tomato, Carrots</i> <i>Romaine Lettuce</i> <i>Mayo Dressing</i> Strawberries
Caesar Salad 9 <i>Grilled Chicken</i> <i>Romaine Lettuce</i> <i>Croutons</i> <i>Parmesan Cheese</i> <i>Caesar Dressing</i> Fresh Fruit	Grilled Cheese 10 on Whole Grain Bread Carrot Raisin Salad Chips Grape Tomatoes Applesauce	Asian Chicken Salad 11 <i>Grilled Chicken, Almonds,</i> <i>Mixed Greens, Vinaigrette,</i> <i>Mandarin Oranges,</i> <i>Chow Mein Noodles</i> Sesame Roll Snickerdoodle Cookie Grapes	Lasagna 12 Green Beans Salad/Dressing Garlic Bread Fresh Orange Lemon Pudding	Taco Salad 13 <i>Ground Beef, Beans</i> <i>Rice, Cheese</i> <i>Sour Cream, Salsa</i> <i>Tortilla Chips</i> <i>Lettuce, Onion, Tomato</i> Pineapple Tidbits
7-Layer Salad 16 <i>Hard Boiled Egg</i> <i>Bacon, Croutons</i> <i>Tomato, Carrots</i> <i>Romaine Lettuce</i> <i>Mayo Dressing</i> Strawberries	Oven-Fried Fish 17 Tartar Sauce Potato Wedges Coleslaw V-8 Juice Cantaloupe	Big Mac Salad 18 <i>Ground Beef, Romaine</i> <i>Onion, Pickles, Cheddar</i> 1,000 Island Dressing Sesame Seed Roll 🍊 Orange Juice Fresh Pear	Hot Ham & Cheese 19 on Whole Grain Bun Black-Eyed Peas Baby Carrots Fruit Cocktail Oatmeal Raisin Cookie	Spinach Salad 20 <i>w/Asparagus</i> <i>Garbanzo Beans</i> <i>Hardboiled Eggs</i> <i>Bacon, Croutons</i> <i>Salad Dressing</i> Plum
Chef's Salad 23 <i>Ham, Cheese</i> <i>Egg, Bacon</i> <i>Romaine Mix</i> <i>Tomatoes, Croutons</i> <i>Salad Dressing</i> Grapes	Pulled Pork 24 Whole Grain Bun Macaroni & Cheese Creamy Coleslaw Peaches Peanut Butter Cookie	Turkey BLT Salad 25 <i>Turkey, Bacon</i> <i>Lettuce, Tomato</i> <i>Ranch Dressing</i> Bread Clementine Banana Cream Pie	Classic Beef Stroganoff 26 Buttered Egg Noodles Sweet Corn Tossed Salad Whole Grain Dinner Roll Pineapple Tidbits	Caesar Salad 27 <i>Grilled Chicken</i> <i>Romaine Lettuce</i> <i>Croutons</i> <i>Parmesan Cheese</i> <i>Caesar Dressing</i> Banana
Spinach Salad 30 <i>w/Asparagus</i> <i>Garbanzo Beans</i> <i>Hardboiled Eggs</i> <i>Bacon, Croutons</i> <i>Salad Dressing</i> Apple	Cheeseburger 31 Whole Grain Bun w/Lettuce & Tomato Potato Salad Baked Beans Watermelon	<div style="display: flex; align-items: center;"> <div style="text-align: center;"> <p>60+ Suggested Contribution</p> <p>\$3.00</p>  </div> <div style="margin-left: 20px;"> <p>RESERVATIONS RECOMMENDED 9:30 - 11:30 24-HOUR NOTICE</p> <p>CALL SITE</p> <p>414•562•1110</p> </div> </div>		

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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)