

MILWAUKEE COUNTY SENIOR DINING

INDIAN COUNCIL OF THE ELDERLY


944 N. 33rd STREET
FOR CURBSIDE PICK-UP

AUGUST



MILWAUKEE COUNTY
Department on Aging



MONDAY	THURSDAY	FRIDAY
Spaghetti & Meatballs Garden Salad w/Dressing Garlic Bread Juice Baker's Choice	Chef's Choice Sandwich Carrot & Celery Sticks Fruit Cup Chips Cookie	Ground Beef & Gravy over Egg Noodles California Vegetables Juice Baker's Choice
Pork Chops and Gravy Mashed Potatoes Mixed Vegetables Dinner Roll Juice Baker's Choice	Chef's Choice Sandwich Three Bean Salad Fruit Cup Chips Cookie	Soup du Jour Grilled Cheese Sandwich Cherry Tomatoes Fresh Fruit Baker's Choice
Stuffed Pepper w/Ground Beef, Rice Corn & Black Beans Yogurt Wheat Bread Juice	Chef's Choice Sandwich Garden Salad w/Dressing Fruit Cup Chips Cookie	Hot Tuna Casserole w/Egg Noodles & Peas Fresh Fruit Baker's Choice
Lasagna Garden Salad w/Dressing Garlic Bread Juice Baker's Choice	Chef's Choice Sandwich Italian Pasta Salad Chips Fruit Cup Cookie	Cheeseburger/Bun Lettuce, Tomato, Onion Ketchup & Mustard Potato Wedges Juice Baker's Choice
Beef Pot Roast Mashed Potatoes Peas & Carrots Dinner Roll Juice Baker's Choice	 RESERVATIONS REQUIRED   24-Hour Notice 414-933-1401	

60+
Suggested
Contribution

\$3.00

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

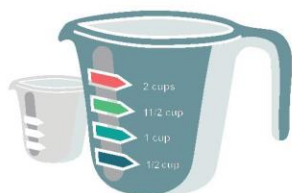
Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.



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)