

MILWAUKEE COUNTY



MILWAUKEE COUNTY
Department on Aging

MEALS ON WHEELS

AUGUST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Baked Chicken Supreme ² Wild Rice Blend Asparagus Cuts & Tips Multi-Grain Bread Chocolate Brownie ♥ Fresh Fruit	Broccoli & Cheese Omelet ³ Sausage Links Hash Brown Triangles English Muffin 🍊 Orange Juice Cantaloupe for Brunch	Club Sandwich on Wheat ⁴ w/Lettuce, Tomato, Mayo 3-Bean Salad Sun Chips Watermelon Peanut Butter Cookie ♥ Juice	Meatloaf ⁵ Gravy Mashed Potatoes Sunshine Carrots 7-Grain Bread Strawberries	BBQ Pulled Pork ⁶ Sesame Bun Macaroni & Cheese Sweet Peas 🍇 Grape Juice Pickle Spear Fruit Cocktail
Honey-Glazed Ham ⁹ Baked Sweet Potato Creamed Spinach Whole Grain Bread Sugar Cookie ♥ Pineapple	Stuffed Cabbage Roll ¹⁰ w/Tomato Sauce Mashed Potatoes Carrot Coins Marble Rye Bread Butterscotch Pudding ♥ Banana	Seafood Pasta Salad ¹¹ on Mixed Lettuce Bed Tomato & Cucumber Slices Croissant 🍊 Orange Juice Peach Crisp ♥ Peaches	Philly Chicken Sandwich ¹² w/Swiss on Multi-Grain Bun Sautéed Onions & Peppers Baby Baker Potatoes Arugula & Tomato Salad 🍷 Fruit Punch Applesauce	Grilled ¼ # Hot Dog ¹³ Bun Buttered Corn Calico Baked Beans Fruited Yogurt Cream Puff ♥ Fresh Plum
Swedish Meatballs ¹⁶ Garlic Mashed Potatoes Stewed Tomatoes Multi-Grain Dinner Roll 🍷 Cranberry Juice Tropical Fruit Cup	Chicken Creole ¹⁷ Seasoned Beans & Rice Brussels Sprouts Cornbread Muffin Iced Raisin Spice Cake ♥ Raisins	Baked Fish/Sauce ¹⁸ Au Gratin Potatoes Peas & Carrots Coleslaw Rye Roll Clementine	Hungarian Pork Loin ¹⁹ Fresh Sweet Potato Green-Wax Bean Medley Multi-Grain Bread Banana Cream Pie ♥ Banana	Irish Beef Stew ²⁰ Baby Red Potatoes Steamed Broccoli Potato Bread Shamrock Cookie ♥ Fresh Pear
Sloppy Joe ²³ Whole Grain Bun American Potato Salad Country Vegetable Blend 🍏 Apple Juice Baker's Choice Cookie ♥ Fresh Orange	Pork Stew with ²⁴ Creamy Hunter's Sauce Buttered Egg Noodles Garden Vegetable Blend Cucumber-Onion-Tomato Salad Multi-Grain Dinner Roll Fresh Nectarine	Turkey BLT Salad ²⁵ Chopped Turkey, Bacon <i>Romaine, Tomato, Cheese</i> <i>Ranch Dressing</i> Blueberry Muffin 🍷 Juice Fresh Pear	Soft Beef Taco ²⁶ Flour Tortilla Shredded Lettuce, Cheese Tomato & Sour Cream Refried Beans Southwest Style Corn Pineapple	Teriyaki Chicken ²⁷ <i>Leg/Thigh</i> Rice Chef's Vegetables Hawaiian Dinner Roll Cherry Cheesecake Bar ♥ Fruit
Grilled Turkey Burger ³⁰ on Whole Grain Bun w/Lettuce, Tomato, Onion Scalloped Potatoes California Vegetables Cottage Cheese Red Delicious Apple	Sweet & Sour Chicken ³¹ w/Peppers & Pineapple Brown Rice Pea Pods Rainbow Coleslaw Poppy Seed Dinner Roll Banana	<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;"> </div> <div style="margin-left: 20px;"> <p>MEALS ON WHEELS 358-6527</p> </div> </div> <p style="text-align: center; margin-top: 10px;">find us on facebook</p>		

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)