

MILWAUKEE COUNTY SENIOR DINING

MILWAUKEE CHRISTIAN CENTER
807 S. 14th STREET



MILWAUKEE COUNTY
Department on Aging

FOR CURBSIDE PICK-UP
AUGUST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Egg Salad 2 on Multi-Grain Bread Kidney Bean Salad Broccoli Florets Chocolate Brownie Fresh Fruit	Club Sandwich on Wheat 3 w/Lettuce, Tomato, Mayo 3-Bean Salad Sun Chips Watermelon Peanut Butter Cookie	Asian Chicken Salad 4 <i>Grilled Chicken, Almonds Mixed Greens, Vinaigrette Mandarin Oranges Chow Mein Noodles</i> English Muffin 🍊 Orange Juice Cantaloupe	Tuscan Tortellini Salad 5 <i>Cheese Tortellini, Salami Pepperoni, Spinach, Olives Mozzarella, Parmesan</i> Baby Carrots 7-Grain Bread Strawberries	Sliced Turkey 6 w/Mayo on Italian Bread Potato Salad Red Cabbage Slaw Pickle Spear Fruit Cocktail
Sliced Ham w/Mustard 9 on Whole Grain Bread Pickled Beets Pea & Cheese Salad Pineapple Sugar Cookie	Tuna Salad 10 Marble Rye Bread Cucumber Salad Grape Tomatoes Butterscotch Pudding Banana	Seafood Pasta Salad 11 on Mixed Lettuce Bed Tomato & Cucumber Slices Croissant 🍊 Orange Juice Peach Crisp	Roast Beef & Cheddar 12 w/Mayo on Multi-Grain Bun Arugula & Tomato Salad 🍷 Fruit Punch Applesauce Lorna Doone Cookies	Chicken Salad 13 on 7-Grain Bread Marinated Vegetables Fruited Yogurt Cream Puff Fresh Plum
Turkey Salad 16 on Whole Wheat Bun Marinated Vegetables Pretzels 🍷 Cranberry Juice Tropical Fruit Cup	Chicken Fajita Salad 17 w/Beans Tortilla Chips 🍍 Pineapple Juice Cinnamon Applesauce Iced Raisin Spice Cake	Big Mac Salad 18 <i>Ground Beef, Romaine Onion, Tomato, Pickles Cheddar, 1,000 Island</i> Coleslaw Sesame Roll Clementine	Ham Salad 19 Multi-Grain Bread Macaroni Salad Marinated Vegetables Peaches Banana Cream Pie	Rueben Sandwich 20 w/ Sauerkraut on Rye Roll Potato Chips Broccoli Spears Pear Shamrock Cookie
Roast Beef 23 w/Horseradish Whole Grain Bun American Potato Salad 🍏 Apple Juice Baker's Choice Cookie Fresh Orange	Italian Sub Sandwich 24 Creamy Coleslaw Cucumber-Onion-Tomato Salad Strawberry Yogurt Fresh Nectarine	Turkey BLT Salad 25 Chopped Turkey, Bacon <i>Romaine, Tomato, Cheese Ranch Dressing</i> Blueberry Muffin 🍷 Juice Fresh Pear	Chicken & Cheddar 26 Tortilla Wrap Black Bean Salad Carrots Melon Wedge Pineapple Cake	Egg Salad 27 Whole Wheat Bun Mixed Greens/Dressing String Cheese Sun Chips Cherry Cheesecake Bar
Tuna Salad 30 on Kaiser Roll w/Lettuce, Tomato, Onion Cottage Cheese Red Delicious Apple Granola Bar	Cheddar & Swiss w/Mayo 31 on 7-Grain Bread French Potato Salad Broccoli Slaw Graham Crackers 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;"> <p>RESERVATIONS REQUIRED</p> <p>🕒 24-Hour Notice</p> <p>CALL SITE</p> <p>414-902-5384</p> </div> </div>		
<p>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)