

# MILWAUKEE COUNTY SENIOR DINING

## MUSLIM COMMUNITY & HEALTH CENTER

803 W. LAYTON AVENUE



MILWAUKEE COUNTY  
Department on Aging



FOR CURBSIDE PICKUP

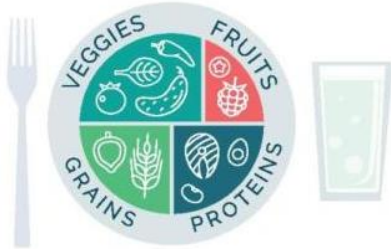
# AUGUST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pasta Special <b>2</b> Hummus Salad Bread Fruit	Kofta Kebab <b>3</b> Rice Salad Baba Ghanouj Bread Fruit	Chicken Karahi <b>4</b> Channa Masala Salad Raita Naan Fruit	Chicken Biryani <b>5</b> Palak Paneer Salad Raita Naan Fruit	<b>6</b> FRIDAY FISH FRY 
Grilled Chicken <b>9</b> Rice Hummus Salad Bread Fruit	Burger <b>10</b> Bun Fries Salad Beans Fruit	Haleem <b>11</b> Mixed Vegetable Rice Salad Raita Naan Fruit	Seekh Kebab <b>12</b> Bhindi Masala Salad Raita Naan Fruit	<b>13</b> FRIDAY FISH FRY 
Kofta w/Red Sauce <b>16</b> Rice Salad Bread Apple	Chicken <b>17</b> w/Potatoes Salad Bread Banana	Chicken Tikka <b>18</b> Channa Daal Salad Raita Naan Fruit	Chicken Korma <b>19</b> Matar Rice Salad Raita Naan Fruit	<b>20</b> FRIDAY FISH FRY 
Chicken Fajita Sandwich <b>23</b> Lentil Soup Baba Ghanouj Salad Bread Fruit	Meatballs & Red Sauce <b>24</b> Rice Hummus Salad Bread Fruit	Frontier Chicken Rice <b>25</b> Palak Aloo Salad Raita Naan Fruit	Reshmi Kebab <b>26</b> Gobhi Aloo Salad Raita Naan Fruit	<b>27</b> FRIDAY FISH FRY 
Grilled Chicken <b>30</b> Rice Salad Hummus Bread Fruit	Chicken w/Peppers <b>31</b> Rice Baba Ghanouj Salad Bread Fruit	<b>RESERVATIONS REQUIRED</b> 24-Hours Prior <b>CALL SITE</b> <b>414-939-4411</b>		<b>60+</b> Suggested Contribution <b>\$3.00</b> 

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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)