

MILWAUKEE COUNTY SENIOR DINING



MILWAUKEE COUNTY
Department on Aging

UNITED COMMUNITY CENTER

730 W. WASHINGTON STREET

FOR CURBSIDE PICK-UP

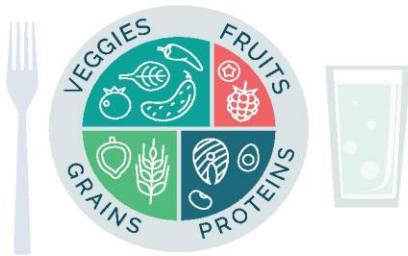
AUGUST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet & Sour Pork 2 w/Onion, Carrot, Peppers Fried Rice Sweet Potato Casserole Dinner Roll Vanilla Pudding	Soft Beef Taco 3 Mexican Rice Mexican Beans Lettuce, Tomato Shredded Cheese Cinnamon Apples	Chicken Salad 4 Honey Wheat Bread Rainbow Pasta Salad w/Onion, Tomato Bell Pepper & Chickpeas Chilled Pears	Bistec Encebollado 5 White Rice Beans Steamed Carrots French Roll Pineapple Tidbits	Tuna Salad 6 w/Celery & Onion Mixed Lettuce Blend Sliced Tomatoes Kaiser Roll Watermelon
Meatloaf 9 Gravy Potato Salad Broccoli Cuts Dinner Roll Mixed Berries	Oven Fried Chicken 10 Macaroni & Cheese Seasoned Green Beans Cornbread Muffin Fruit Cocktail	Polish Sausage 11 German Potato Salad Calico Beans Crusty Roll Sliced Peaches	Meatballs 12 w/Tomato Sauce Mexican Rice Green Salad w/Dressing Breadstick Chocolate Pudding	Roast Pork 13 Puerto Rican Rice Fresh Salad w/Tomato Whole Grain Bread Applesauce
Chicken Parmesan 16 w/Marinara Sauce Penne Pasta Broccoli & Cauliflower Garlic Bread Chilled Pears	Steak Ranchero 17 Mexican Rice Cucumber & Onion Salad Whole Wheat Tortilla Apple Pie	BBQ Pork Riblet 18 Baked Potato w/Sour Cream California Vegetables Whole Wheat Bun Cantaloupe Melon	Baked Chicken Leg 19 Puerto Rican Rice Marinated Vegetables Biscuit Fresh Orange	Roast Sliced Turkey 20 w/Gravy Mashed Potatoes Country Style Veggies Dinner Roll Strawberries & Cream
Pub Burger/Bun 23 Onion, Lettuce, Tomato Mayo & Ketchup Oven Fries Peas & Carrots Honeydew Melon	Chicken Enchilada 24 Mexican Rice Refried Beans Mixed Greens w/Dressing Mixed Fruit	Spaghetti 25 & Meatballs w/Marinara Sauce Italian Vegetables Breadstick Plum	Steak Fajitas 26 Whole Wheat Tortilla Mexican Rice Mexican Beans Lettuce & Tomato Salad Fresh Apple	Glazed Ham Slice 27 Puerto Rican Rice Tossed Vegetable Salad Wheat Bread Banana
Pork Stew 30 w/Carrots & Potatoes Brown Rice Spring Salad w/Bacon Dinner Roll Applesauce	Salisbury Steak 31 w/Gravy Mashed Potatoes Steamed Spinach Multi-Grain Bread Tropical Fruit	 <p>CALL SITE FOR RESERVATIONS 24-HOUR NOTICE</p> <div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p>Para reservar su almuerzo favor de llamar al 649-2807</p> </div>  <div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p>60+ Suggested Contribution</p> <p>\$3.00</p>  </div> <p>Se sugiere \$3.00 de donación por cada comida</p>		

414-649-2807

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

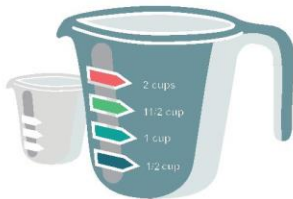
Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.



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)