MILWAUKEE COUNTY

MEALS ON WHEELS

(414) 358-6527

DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
Goodwill Greater Milwaukee & Chicago MEALS ON WHEELS ♥ = DIABETIC DESSERT	1 Philly Chicken on a Roll Potato Wedges Green Beans Seasonal Fruit	2 Chicken Marsala Parmesan Noodles Garlic Spinach Tossed Salad Yellow Apple	3 Stuffed Pepper & Sauce Corn Maple-Spiced Peaches Dinner Roll Fruit	4 Cheese Omelet Hashbrowns Country Vegetables Applesauce Blueberry Muffin
7 Beef Stew Roasted Potatoes Brussels Sprouts French Bread Chilled Pears	8 Cheesy Rotini & Ham Steamed Cauliflower Warm Glazed Pineapple Sourdough Bread Tangerine	9 Turkey Burger on Bun Lettuce & Tomato Scalloped Potatoes Peas & Pearl Onions Chocolate Mousse	10 Cranberry Meatballs Garlic Mashed Potatoes Carrot Coins Hawaiian Dinner Roll Tropical Fruit	11 *Build Your Own* Chicken Caesar Wrap Soft Flour Tortilla Fresh Broccoli String Cheese Banana
14 Bratwurst on Bun Au Gratin Potatoes Baked Beans Sauerkraut Caramel Apple Bar ♥Apple	15 Meatloaf & Gravy Mashed Potatoes Sautéed Spinach 7-Grain Bread Creamy Fruit Salad	16 Chef Salad *Turkey, Ham, Egg, Cheese* *Lettuce, Tomato, Dressing* Italian Bread Jello Fruit	17 Pulled Pork Whole Grain Bun Warm Potato Salad Capri Vegetables Pineapple Tidbits	18 Creole Baked Fish Wild Rice Blend Sweet Corn Beet Salad Clementine
21 Swedish Meatballs w/Mushrooms & Gravy Buttered Egg Noodles Succotash Whole Wheat Bread Pistachio Fruit Fluff	22 Chicken Fajita w/Peppers & Onions Rice Seasoned Black Beans Tortilla Tropical Fruit	23 Pineapple-Baked Ham Baby Baker Potatoes Green Beans Almondine Applesauce Spice Cake ♥Fruit	CLOSED 24  	CLOSED 25 
28 Creamy Turkey & Gravy w/Veggies & Rice Beets Biscuit Chilled Apricots	29 Cheesy Baked Ziti Meat Sauce Chef's Vegetables Warm Fruit Compote Fresh Orange	30 Ham & Swiss Bun Sweet Potato Fries Calico Beans Peach Cobbler ♥Peaches	CLOSED 31  	✻ *Menu subject to change without notice* 

county.milwaukee.gov/aging SeniorDining@milwaukeecountywi.gov Senior Dining Office: 414·289·6995

American Heart Association.
Healthy for Good™

Warm Up to Cool-Weather Workouts

Dress for Comfort

- Keep your feet cozy with warm socks, weatherproof shoes and supportive insoles
- Wear layers of clothing to wick away moisture, insulate and protect
- Don't forget hats, gloves and scarves if it's very cold

Look at the Bright Side

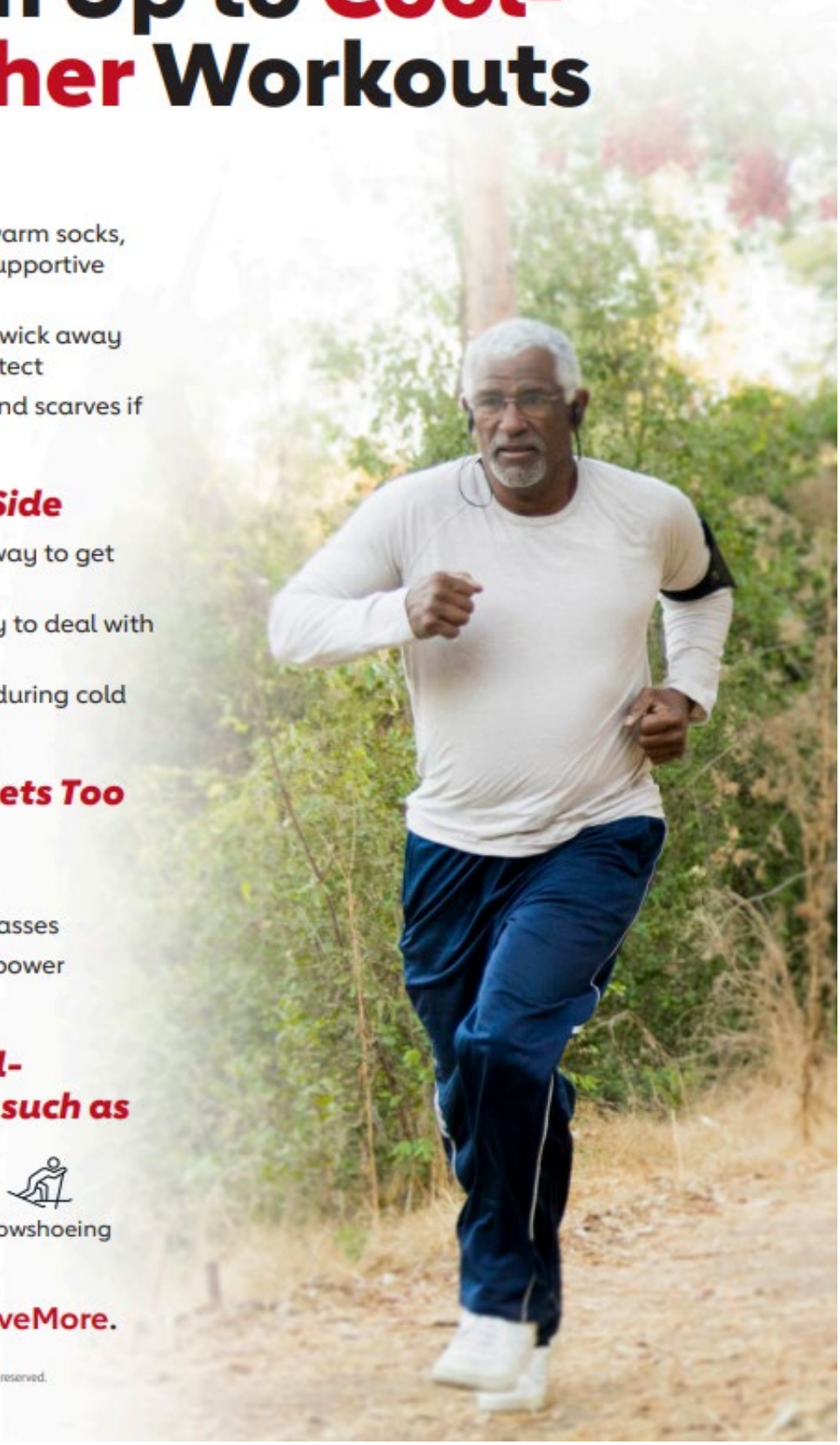
- Being outdoors is a great way to get some Vitamin D
- There's no heat or humidity to deal with – just cool, crisp air
- Exercise boosts immunity during cold and flu season

Take It Inside if It Gets Too Cold for Comfort

- Indoor circuit workouts
- Yoga or other fun group classes
- Active housework such as power vacuuming

Have Fun with Cool-Weather Activities such as

Jogging Hiking Snowshoeing



Find out how at heart.org/MoveMore.

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