MILWAUKEE COUNTY

MEALS ON WHEELS

(414) 358-6527

DICIEMBRE

MEALS on WHEELS AMERICA

Lunes	Martes	Miércoles	Jueves	Viernes
Goodwill Greater Milwaukee & Chicago MEALS ON WHEELS = Postre diabético	1 Pollo estilo Filadelfia en pan Cuñas de patata Judías verdes Fruta de temporada	2 Pollo Marsala Fideos al parmesano Espinacas de ajo Ensalada mixta Manzana Amarilla	3 Pimienta Rellena Maíz Melocotones especiados Panecillo Fruta	4 Tortilla de Queso Patatas hash Verduras rurales Compota de manzana Magdalena de arándanos
7 Estofado de ternera Patatas asadas Coles de Bruselas Pan Francés Peras Frías	8 Rotini con queso y jamón Coliflor al vapor Piña glaseada Pan de masa madre Tangerina	9 Hamburguesa de pavo Lechuga y Tomate Patatas Gratinadas Guisantes Chocolate Mousse	10 Albóndigas de arándanos Puré de patatas con ajo Monedas de Zanahoria Panecillo Hawaiano Fruta Tropical	11 *Construye el tuyo* Wrap César de Pollo Tortilla Brócoli fresco Queso en tiras Banana
14 Salchicha bratwurst Patatas gratinadas Alubias al horno Chucrut Barra de manzana Apple	15 Pastel de carne y salsa Pure de patatas Espinacas Pan de 7 granos Ensalada de frutas	16 Chef Salad Pavo, jamón, huevo, queso Lechuga, tomate Pan italiano Gelatina Fruta	17 Cerdo desmenuzado en Pan Ensalada de patata Verduras Capri Piña	18 Pescado criollo Arroz Maíz Ensalada de remolacha Clementine
21 Albóndigas suecas Salsa de setas Fideos Succotash Pan integral Pelusa de fruta	22 Fajita de pollo Pimientos y cebollas Arroz Frijoles Negros Tortilla Fruta tropical	23 Jamón al horno con piña Patatas Pequeñas Judías Verdes Almendra Compota de manzana Pastel de especias Fruta	CLOSED 24 	CLOSED 25 
28 Pavo cremoso con salsa Verduras y arroz Remolachas Biscuit Albaricoques fríos	29 Ziti horneado Salsa de carne Verduras del Chef Compota de frutas Naranja fresca	30 Jamón y suizo en panecillo Papas fritas de camote Frijoles de calicó Zapatero de melocotón Melocotones	CLOSED 31 	*Menú sujeto a cambrios* 

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

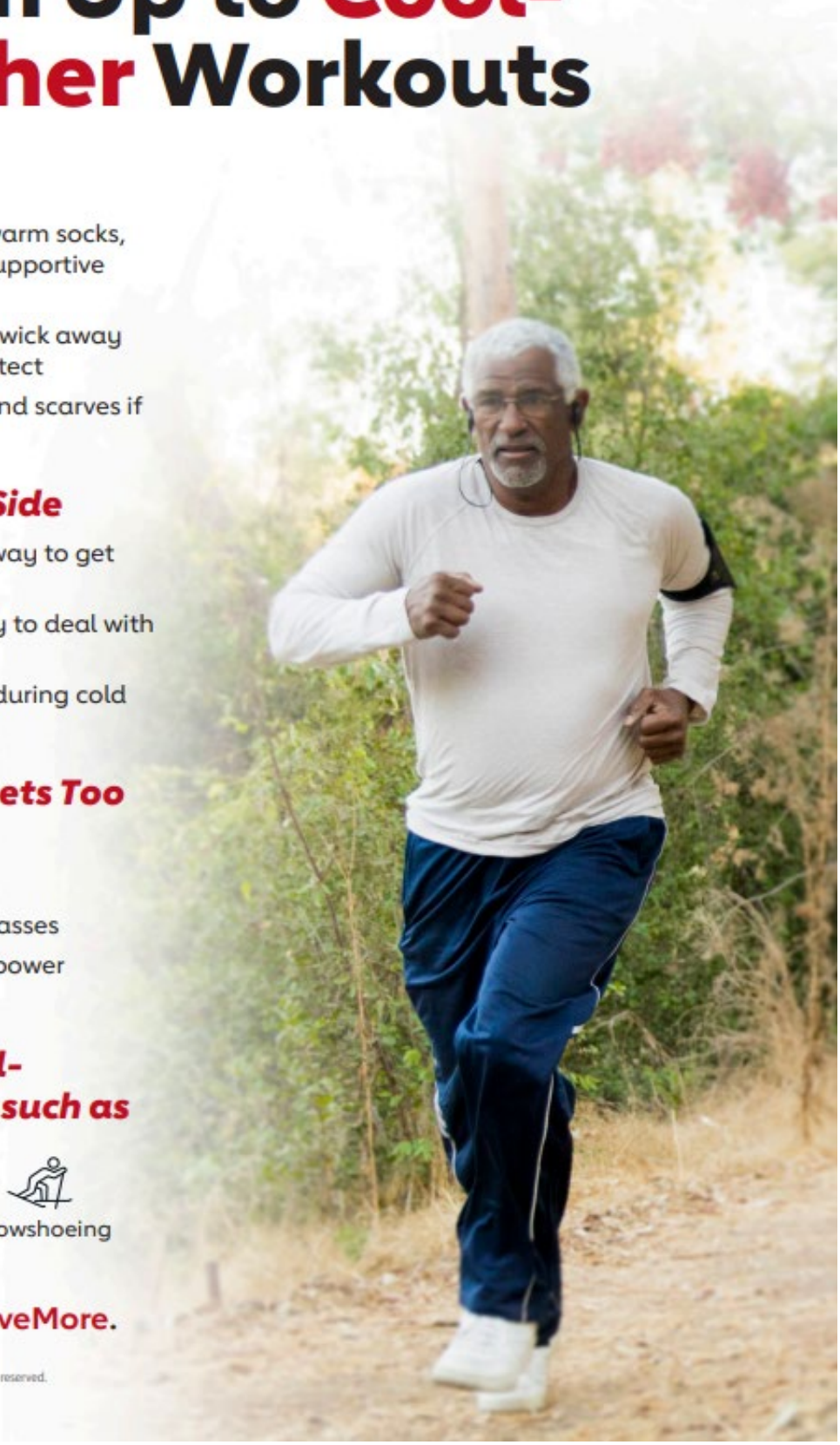
- Being outdoors is a great way to get some Vitamin D
- There's no heat or humidity to deal with – just cool, crisp air
- Exercise boosts immunity during cold and flu season

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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