

MILWAUKEE COUNTY SENIOR DINING



MILWAUKEE COUNTY
Department on Aging

ELKS LODGE
5555 W. GOOD HOPE ROAD
FOR CURBSIDE PICK-UP

JULY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>RESERVATIONS REQUIRED Suggested Contribution \$3.00 60+ 24-Hours Prior 414-760-3195</p>				
			 <p>GRILL-OUT</p>	
			<p>Grilled Frank/Bun 1 Baked Beans Potato Salad Melon Cupcake ♥ Clementine</p>	<p>Swiss Steak 2 w/Tomatoes Baby Bakers Crinkle Carrots Whole Wheat Bread Strawberry Yogurt</p>
 <p>CLOSED</p>	<p>5 Crispy Chicken on Whole Grain Bun Potato Wedges Broccoli Spears Marinated Bean Salad Kiwi</p>	<p>6 Stuffed Green Pepper w/Tomato Sauce Garlic Mashed Potatoes Country Style Vegetables Multi-Grain Bread Fruit Fluff</p>	<p>7 Chicken Cordon Bleu 8 Wild Rice Blend Tossed Salad Grape Juice Mini Croissant Chocolate Mousse</p>	<p>9 Taco-Stuffed Potato Diced Tomato, Lettuce Cheese, Sour Cream Refried Beans Southwest Style Corn Fresh Orange</p>
<p>12 Cranberry Meatballs Roasted Potatoes Oriental Vegetables 3-Bean Salad Oat Bran Bread Fresh Pear</p>	<p>13 Turkey à la King Brown Rice Green Beans Baking Powder Biscuit Rainbow Slaw Apple</p>	<p>14 Sliced Ham Au Gratin Potatoes Chef's Vegetables Pineapple Bread Stuffing Rye Dinner Roll Fresh Peach</p>	<p>15 Meatloaf w/Gravy Mashed Potatoes Laguna Vegetables Multi-Grain Roll Fruit Cocktail</p>	<p>16 Chicken Parmesan Penne Pasta/Sauce Sicilian Vegetables Romaine Salad/Italian Vienna Bread Fresh Plum</p>
<p>19 Pork Chop Suey w/Stir-Fry Vegetables Rice Egg Roll Juice Mandarin Oranges & Pineapple</p>	<p>20 Pub Burger w/Lettuce, Onion, Tomato on Multi-Grain Bun Tater Tots Baked Beans Pickle Spear Tropical Fruit Cup</p>	<p>DINE@FIVE 21 Vegetable Lasagna Seasoned Broccoli Garlic Bread Seasonal Fruit Cup Sugar Cookie ♥ Lo-Cal Cereal Bar</p>	<p>22 Chef's Salad <i>Turkey, Ham, Cheese Egg, Croutons, Ranch</i> French Bread Juice Million Dollar Cake ♥ Banana</p>	<p>Fish Fry 23 A. Fried Fish B. Baked Fish 2 Potato Pancakes Coleslaw Tomato Juice Cottage Cheese Peaches</p>
<p>A. Supreme Pizza 26 B. Cheese Pizza Brussels Sprouts Pasta Salad Garlic Breadstick Grapes</p>	<p>27 Tuna Salad/Roll w/Lettuce, Tomato Kidney Bean Salad Chips Fresh Fruit Cup Raisins</p>	<p>28 Broasted Chicken Broasted Potatoes Seasoned Cauliflower Cornbread Strawberries & Cream</p>	<p>29 Roast Turkey/Gravy Mashed Potatoes Capri Vegetables Poppy Seed Roll Cherry Pie ♥ Fresh Fruit</p>	<p>30 Sauerbraten Parslied Red Potatoes Sweet & Sour Cabbage Marble Rye Bread German Chocolate Cake ♥ Applesauce</p>

FRUITS & VEGETABLES

Try for 4-5 servings of each per day.*
What counts as a serving?

 American Heart Association | American Stroke Association
life is why™

FRUITS

ONE MEDIUM FRUIT



FRESH, FROZEN OR CANNED FRUIT



DRIED FRUIT



FRUIT JUICE**



VEGETABLES

RAW LEAFY VEGETABLE



FRESH, FROZEN OR CANNED VEGETABLE



VEGETABLE JUICE**



*Recommended daily goal based on 2,000 calorie/day eating pattern.

**Fruit and vegetable juices can be part of a healthy diet. One serving of 100 percent juice can fulfill one of your recommended daily servings of fruits and vegetables, but watch for calories and added sugars or sodium. Choose 100 percent juice (or 100 percent juice and water) instead of sweetened juice or juice drinks.

heart.org/gettinghealthy