

MILWAUKEE COUNTY SENIOR DINING

GREATER GALILEE
2432 N. TEUTONIA AVENUE
FOR CURBSIDE PICK-UP



MILWAUKEE COUNTY
Department on Aging

JULY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RESERVATIONS SUGGESTED  CALL SITE FOR RESERVATIONS 24-HOUR NOTICE 24-Hours Prior CALL SITE 414-562-1110		Suggested Contribution \$3.00 60+  Find us on Facebook	1 Cheeseburger Whole Grain Bun Lettuce & Tomato Pasta Salad Carrot Sticks Juice Oatmeal Cookie	2  CLOSED
CLOSED 	5 Grilled Cheese Whole Wheat Bread Tater Tots Broccoli Slaw Marinated Bean Salad Kiwi	6 7 Chicken Caesar Salad Grilled Chicken, Romaine, Croutons Tomatoes, Parmesan Caesar Dressing Multi-Grain Bread Peanut Butter Cookie Fruit	8 Tuna Casserole Baby Peas Cottage Cheese Grape Tomatoes Wheat Bread Melon Wedge	9 Taco Salad <i>Ground Beef, Beans Rice, Cheese Sour Cream, Salsa Tortilla Chips Lettuce, Onion, Tomato Pineapple Tidbits</i>
12 Spinach Salad <i>w/Asparagus Garbanzo Beans Hardboiled Eggs Bacon, Croutons Salad Dressing Orange</i>	13 Spaghetti & Meatballs Green Beans Italian Bread Grape Juice Fruited Yogurt Brownie	14 Chef's Salad <i>Turkey, Ham, Cheese Egg, Croutons, Ranch Romaine, Tomato</i> French Bread Juice Nectarine	15 Baked Fish Tartar Sauce Potato Pancakes Coleslaw Lemon Pudding Fruit Cup	16 Caesar Salad <i>Grilled Chicken Romaine Lettuce Croutons Parmesan Cheese Caesar Dressing Banana</i>
19 7-Layer Salad <i>Hard Boiled Egg Bacon, Croutons Tomato, Carrots Romaine Lettuce Mayo Dressing Strawberries</i>	20 Open Faced Hot Turkey/Gravy Whole Grain Bread Mashed Potatoes Whole Kernel Corn Cranberry Relish Cookie	21 Big Mac Salad Ground Beef, Romaine Onion, Tomato, Pickles Shredded Cheddar 1,000 Island Dressing Sesame Bread Seasonal Fruit Cup Sugar Cookie	22 Pulled Pork Whole Grain Bun Baked Potato Wedges Creamy Coleslaw Cinnamon Applesauce Cherry Pie	23 Chef's Salad <i>Ham, Cheese, Egg, Bacon Romaine Mix Tomatoes, Croutons Salad Dressing Grapes</i>
26 Taco Salad <i>Ground Beef, Beans Rice, Cheese Sour Cream, Salsa Tortilla Chips Lettuce, Onion, Tomato Pineapple Tidbits</i>	27 Ham Steak Au Gratin Potatoes Steamed Broccoli Marble Rye Bread Fruit Crisp Clementine	28 Turkey BLT Salad Chopped Turkey, Crumbled Bacon Lettuce, Tomato, Ranch Dressing Cauliflower Florets Cornbread Mixed Berries	29 Oven-Fried Chicken Sweet Potato Wedges Creamed Spinach Dinner Roll Orange Juice Chocolate Chip Cookie	30 Spinach Salad <i>w/Asparagus Garbanzo Beans Hardboiled Eggs Bacon, Croutons Salad Dressing Plum</i>

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