

# MILWAUKEE COUNTY



MILWAUKEE COUNTY  
Department on Aging

## MEALS ON WHEELS

# JULY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>Goodwill</b> MEALS ON WHEELS</p> <p><b>414-358-6527</b></p> <p>Suggested Contribution <b>\$3.00</b> 60+</p> <p>Find us on  Facebook</p>			Swiss Steak <b>1</b> w/Tomatoes Baby Bakers Crinkle Carrots Whole Wheat Bread Strawberry Yogurt	Grilled ¼ # Frank <b>2</b> Hot Dog Bun Baked Beans American Potato Salad 🍏 Apple Juice Rice Krispie Treat ❤️ Clementine
<p><b>CLOSED</b> <b>5</b></p> 	Crispy Chicken <b>6</b> on Whole Grain Bun Potato Wedges Broccoli Spears Marinated Bean Salad Kiwi	Stuffed Green Pepper <b>7</b> w/Tomato Sauce Garlic Mashed Potatoes Country Style Vegetables Multi-Grain Bread Peanut Butter Cookie ❤️ Fruit	Chicken Cordon Bleu <b>8</b> Wild Rice Blend Tossed Salad 🍇 Grape Juice Mini Croissant Chocolate Mousse ❤️ Mandarin Oranges	Seafood Salad <b>9</b> on Leaf Lettuce Pasta Salad Split Top Dinner Roll Cottage Cheese Chilled Peaches
Cranberry Meatballs <b>12</b> Roasted Potatoes Oriental Vegetables 3-Bean Salad Oat Bran Bread Fresh Pear	Turkey à la King <b>13</b> Brown Rice Green Beans Baking Powder Biscuit Rainbow Slaw Apple	Chef's Salad <b>14</b> <i>Turkey, Ham, Cheese</i> <i>Egg, Croutons, Ranch</i> French Bread 🍷 Juice Million Dollar Cake ❤️ Nectarine	Meatloaf <b>15</b> w/Gravy Mashed Potatoes Laguna Vegetables Multi-Grain Roll Fruit Cocktail	Chicken Parmesan <b>16</b> Penne Pasta w/Red Sauce Sicilian Vegetables Romaine Salad/Italian Vienna Bread Fresh Plum
Pork Chop Suey <b>19</b> w/Stir-Fry Vegetables Rice 🍏 Apple Juice Dinner Roll Pineapple	Pub Burger <b>20</b> w/Lettuce & Tomato on Multi-Grain Bun Diced Peas & Carrots Baked Beans Banana	Vegetable Lasagna <b>21</b> Seasoned Broccoli Garlic Bread Seasonal Fruit Cup Sugar Cookie ❤️ Lo-Cal Cereal Bar	Roast Turkey/Gravy <b>22</b> Mashed Potatoes Capri Vegetables Poppy Seed Roll Cherry Pie ❤️ Fresh Fruit	Sauerbraten <b>23</b> Parslied Potatoes Sweet & Sour Cabbage Marble Rye Bread German Chocolate Cake ❤️ Grapes
Beef Stroganoff <b>26</b> Buttered Noodles Green Beans Dinner Roll 🍷 Juice Fresh Orange	Sliced Ham <b>27</b> Au Gratin Potatoes Chef's Vegetables Pineapple Bread Stuffing Rye Dinner Roll Tropical Fruit Cup	BBQ Chicken <b>28</b> Leg/Thigh Fresh Sweet Potato Seasoned Cauliflower Cornbread Mixed Berries	Taco-Stuffed <b>29</b> Baked Potato Diced Tomato, Lettuce Cheese, Sour Cream Refried Beans Southwest Style Corn Watermelon	Tuna Salad/Kaiser Roll <b>30</b> Lettuce Leaf, Tomato Sun Chips Fresh Fruit Cup 🍊 Orange Juice Baker's Choice ❤️ Raisins

# 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](http://heart.org/gettinghealthy)