

MILWAUKEE COUNTY SENIOR DINING

MILWAUKEE CHRISTIAN CENTER

807 S. 14th STREET

FOR CURBSIDE PICK-UP

JULY



MILWAUKEE COUNTY
Department on Aging



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;">  <p>CALL SITE FOR RESERVATIONS 24-HOUR NOTICE</p> </div> <div style="text-align: center;"> <h2>RESERVATIONS REQUIRED</h2> <p>24-Hours Prior</p> </div> <div style="text-align: center;"> <p>Suggested Contribution \$3.00 60+</p>  </div> <div style="text-align: center;"> <p>Find us on Facebook</p> </div> </div> <p style="font-size: 2em; font-weight: bold; color: blue;">414-902-5384</p>				
5	<p>CLOSED</p> 	6	7	8
	<p>Roast Beef Whole Grain Bun Mayo Broccoli Slaw Marinated Bean Salad Kiwi</p>	<p>Chicken Caesar Salad <i>Grilled Chicken Romaine, Croutons Tomatoes, Parmesan Caesar Dressing</i> Multi-Grain Bread Peanut Butter Cookie Fruit</p>	<p>Turkey Salad Croissant Tossed Salad w/Dressing Grape Juice Mandarin Oranges Chocolate Mousse</p>	<p>Chicken BLT Wrap American Potato Salad Apple Juice Rice Krispie Treat Clementine</p>
12	13	14	15	16
<p>Ham & Cheddar Oat Bran Bread Baby Carrots 3-Bean Salad Fruited Yogurt Fresh Pear</p>	<p>Chicken Salad Whole Wheat Bread Pickle Spear Rainbow Slaw Granola Bar Apple</p>	<p>Chef's Salad <i>Turkey, Ham, Cheese Egg, Croutons, Ranch</i> French Bread Nectarine Million Dollar Cake</p>	<p>Sub Sandwich Multi-Grain Roll French Potato Salad Marinated Veggies Graham Crackers Fruit Cocktail</p>	<p>Egg Salad Vienna Bread Romaine Salad/Italian String Cheese Molasses Cookie Fresh Plum</p>
19	20	21	22	23
<p>Tuna Salad Croissant Broccoli Florets Cucumber Salad Apple Juice Pineapple</p>	<p>Sliced Turkey w/Lettuce & Tomato on Multi-Grain Bun Pea & Cheese Salad Pretzels Pudding Banana</p>	<p>Big Mac Salad <i>Ground Beef, Romaine Onion, Tomato, Pickles Shredded Cheddar 1,000 Island Dressing</i> Sesame Bread Seasonal Fruit Cup Sugar Cookie</p>	<p>Chicken Salad on Bed of Lettuce Mediterranean Quinoa Poppy Seed Roll Raisins Cherry Pie</p>	<p>Ham & Swiss Marble Rye Bread w/Mustard Pickled Beet Salad Applesauce German Chocolate Cake Grapes</p>
26	27	28	29	30
<p>Roast Beef & Swiss 7-Grain Bread w/Mayo Marinated Carrot Salad Juice Fresh Orange Lorna Doone Cookies</p>	<p>Ham Salad on Rye Bread Pasta Salad Chips Lemon Pudding Tropical Fruit Cup</p>	<p>Turkey BLT Salad <i>Chopped Turkey Crumbled Bacon Lettuce, Tomato Ranch Dressing</i> Cauliflower Florets Cornbread Mixed Berries</p>	<p>Taco Salad <i>Taco Meat, Beans Cheese, Peppers, Onion Tomato, Lettuce, Dressing</i> Tortilla Chips Snickerdoodle Cookie Watermelon</p>	<p>Tuna Salad Kaiser Roll Lettuce Leaf, Tomato Sun Chips Fresh Fruit Cup Orange Juice Baker's Choice</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