

# MILWAUKEE COUNTY SENIOR DINING

## MUSLIM COMMUNITY & HEALTH CENTER

803 W. LAYTON AVENUE



MILWAUKEE COUNTY  
Department on Aging



FOR CURBSIDE PICKUP

# JULY



| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|--|--|---|--|
| <b>RESERVATIONS REQUIRED</b><br> <b>CALL SITE</b><br><b>414-939-4411</b><br>24-Hours Prior<br>60+ Suggested Contribution <b>\$3.00</b><br><br>find us on <a href="#">facebook</a> |  |  |   |  |
| <b>CLOSED</b> <sup>5</sup><br>  | <sup>6</sup> Kofta Kebab<br>Rice<br>Salad<br>Baba Ghanouj<br>Bread<br>Apple      | <sup>7</sup> Frontier Chicken Rice<br>Aloo Keema<br>Salad<br>Raita<br>Naan<br>Grapes | <sup>8</sup> Haleem<br>Mixed Vegetable Rice<br>Salad<br>Raita<br>Naan<br>Pear         | <sup>2</sup><br><b>FRIDAY FISH FRY</b><br>    |
| <sup>12</sup> Grilled Chicken<br>Rice<br>Salad<br>Hummus<br>Bread<br>Fruit   | <sup>13</sup> Burger<br>Bun<br>Fries<br>Salad<br>Beans<br>Fruit                  | <sup>14</sup> Reshmi Kebab<br>Channa Masala<br>Salad<br>Raita<br>Naan<br>Melon       | <sup>15</sup> Nihari<br>Bindhi Masala<br>Salad<br>Raita<br>Naan<br>Grapes             | <sup>16</sup><br><b>FRIDAY FISH FRY</b><br> |
| <sup>19</sup> Kofta<br>Red Sauce<br>Rice<br>Salad<br>Apple   | <sup>20</sup> Chicken with Potatoes<br>Salad<br>Bread<br>Banana                  | <sup>21</sup> Seekh Kebab<br>Chicken Biryani<br>Salad<br>Raita<br>Naan<br>Pear       | <sup>22</sup> Chicken Tikka<br>Channa Daal<br>Salad<br>Raita<br>Naan<br>Melon         | <sup>23</sup><br><b>FRIDAY FISH FRY</b><br> |
| <sup>26</sup> Chicken Fajita Sandwich<br>Lentil Soup<br>Salad<br>Baba Ghanouj<br>Bread<br>Orange   | <sup>27</sup> Meatballs & Red Sauce<br>Rice<br>Hummus<br>Salad<br>Bread<br>Fruit | <sup>28</sup> Kofta Curry<br>Palak Aloo<br>Salad<br>Raita<br>Naan<br>Grapes          | <sup>29</sup> Malai Kofta<br>Frontier Chicken Rice<br>Salad<br>Raita<br>Naan<br>Fruit | <sup>30</sup><br><b>FRIDAY FISH FRY</b><br> |

# 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)