

MILWAUKEE COUNTY SENIOR DINING



MILWAUKEE COUNTY
Department on Aging

LUNCH
SITE ADDRESS
FOR CURBSIDE PICK-UP

JULY



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| <p>RESERVATIONS REQUIRED 24-Hours Prior</p> <p>CALL SITE 414•XXX•XXXX</p> <p>CALL SITE FOR RESERVATIONS 24-HOUR NOTICE</p> <p>Suggested Contribution \$3.00 60+</p> <p>Find us on Facebook</p> | | | | |
| <p>CLOSED 5</p> | <p>Roast Beef 6</p> <p>Whole Grain Bun</p> <p>Mayo</p> <p>Broccoli Slaw</p> <p>Marinated Bean Salad</p> <p>Kiwi</p> | <p>Chicken Caesar Salad 7</p> <p><i>Grilled Chicken</i></p> <p><i>Romaine, Croutons</i></p> <p><i>Tomatoes, Parmesan</i></p> <p><i>Caesar Dressing</i></p> <p>Multi-Grain Bread</p> <p>Peanut Butter Cookie</p> <p>Fruit</p> | <p>Turkey Salad 8</p> <p>Croissant</p> <p>Tossed Salad w/Dressing</p> <p>Grape Juice</p> <p>Mandarin Oranges</p> <p>Chocolate Mousse</p> | <p>Colby Jack & Swiss 1</p> <p>Whole Wheat Bread w/Mayo</p> <p>Marinated Veggie Salad</p> <p>Blueberry Muffin</p> <p>Strawberry Yogurt</p> |
| <p>Ham & Cheddar 12</p> <p>Oat Bran Bread</p> <p>Baby Carrots</p> <p>3-Bean Salad</p> <p>Fruited Yogurt</p> <p>Fresh Pear</p> | <p>Chicken Salad 13</p> <p>Whole Wheat Bread</p> <p>Pickle Spear</p> <p>Rainbow Slaw</p> <p>Granola Bar</p> <p>Apple</p> | <p>Chef's Salad 14</p> <p><i>Turkey, Ham, Cheese</i></p> <p><i>Egg, Croutons, Ranch</i></p> <p>French Bread</p> <p>Nectarine</p> <p>Million Dollar Cake</p> | <p>Sub Sandwich 15</p> <p>Multi-Grain Roll</p> <p>French Potato Salad</p> <p>Marinated Veggies</p> <p>Graham Crackers</p> <p>Fruit Cocktail</p> | <p>Seafood Salad 9</p> <p>on Leaf Lettuce</p> <p>Pasta Salad</p> <p>Split Top Dinner Roll</p> <p>Cottage Cheese</p> <p>Chilled Peaches</p> |
| <p>Tuna Salad 19</p> <p>Croissant</p> <p>Broccoli Florets</p> <p>Cucumber Salad</p> <p>Apple Juice</p> <p>Pineapple</p> | <p>Sliced Turkey 20</p> <p>w/Lettuce & Tomato on Multi-Grain Bun</p> <p>Pea & Cheese Salad</p> <p>Pretzels</p> <p>Pudding</p> <p>Banana</p> | <p>Big Mac Salad 21</p> <p><i>Ground Beef, Romaine</i></p> <p><i>Onion, Tomato, Pickles</i></p> <p><i>Shredded Cheddar</i></p> <p><i>1,000 Island Dressing</i></p> <p>Sesame Bread</p> <p>Seasonal Fruit Cup</p> <p>Sugar Cookie</p> | <p>Chicken Salad 22</p> <p>on Bed of Lettuce</p> <p>Mediterranean Quinoa</p> <p>Poppy Seed Roll</p> <p>Raisins</p> <p>Cherry Pie</p> | <p>Ham & Swiss 23</p> <p>Marble Rye Bread w/Mustard</p> <p>Pickled Beet Salad</p> <p>Applesauce</p> <p>German Chocolate Cake</p> <p>Grapes</p> |
| <p>Roast Beef & Swiss 26</p> <p>7-Grain Bread w/Mayo</p> <p>Marinated Carrot Salad</p> <p>Juice</p> <p>Fresh Orange</p> <p>Lorna Doone Cookies</p> | <p>Ham Salad 27</p> <p>on Rye Bread</p> <p>Pasta Salad</p> <p>Chips</p> <p>Lemon Pudding</p> <p>Tropical Fruit Cup</p> | <p>Turkey BLT Salad 28</p> <p><i>Chopped Turkey</i></p> <p><i>Crumbled Bacon</i></p> <p><i>Lettuce, Tomato</i></p> <p><i>Ranch Dressing</i></p> <p>Cauliflower Florets</p> <p>Cornbread</p> <p>Mixed Berries</p> | <p>Taco Salad 29</p> <p><i>Taco Meat, Beans</i></p> <p><i>Cheese, Peppers, Onion</i></p> <p><i>Tomato, Lettuce, Dressing</i></p> <p>Tortilla Chips</p> <p>Snickerdoodle Cookie</p> <p>Watermelon</p> | <p>Chicken BLT Wrap 2</p> <p>American Potato Salad</p> <p>Apple Juice</p> <p>Rice Krispie Treat</p> <p>Clementine</p> |

FRUITS & VEGETABLES

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



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