

MILWAUKEE COUNTY

MEALS ON WHEELS



(414) 358-6527



AUGUST



Monday	Tuesday	Wednesday	Thursday	Friday
Sloppy Joe Bun Au Gratin Potatoes Vegetables du Jour Ambrosia 3	Baked Chicken Gravy Rice Black Beans & Corn Cran-Apple Juice Mandarin Oranges 4	Chicken Gyro Salad <i>Grilled Chicken, Onion</i> <i>Lettuce, Onion, Tzatziki</i> Bread Baby Carrots Peaches 5	Meatball Sub Tater Tots Calico Beans String Cheese Fruit Compote 6	Breakfast Bake <i>Egg, Potato, Bacon, Cheese</i> Stewed Tomatoes Cinnamon Apples Orange Juice Fruited Bread/Muffin 7
Peachy Pork Roast Sweet Potatoes Brussels Sprouts Whole Grain Bread Grapes 10	Beef Stroganoff Egg Noodles Broccoli Beets Cornbread Muffin Fresh Pear 11	Chef's Salad <i>Turkey, Ham, Egg, Cheese</i> <i>Tomato, 1,000 Island</i> Dinner Roll Yogurt Angel Food Cake/Berries 12	Stir-Fry Glazed Chicken Rice Pilaf Stir-Fry Vegetables Asian Slaw Tropical Fruit Cup 13	Pizza Burger (Open-Faced) Italian Vegetables Rotini Pasta Salad Mango Applesauce Fruit Crisp Fruit 14
Italian Sausage Noodles/Marinara Sautéed Spinach Chilled Pears Clementine 17	Baked Fish Potato Pancakes Peas & Carrots Applesauce Dessert Fluff 18	Turkey BLT Salad <i>Turkey, Bacon, Cheese</i> <i>Romaine, Tomato, Ranch</i> French Bread Fruited Jello Melon 19	BBQ Riblet on Bun Smashed Potatoes Country Vegetables Fruit Punch Apple 20	Meatloaf & Gravy Parsley Potatoes Cabbage Fruit Cocktail Cookie Fruit 21
Creole Chicken Red Beans & Rice Carrots Hawaiian Dinner Roll Pineapple 24	Hot Turkey/Bun Potato Casserole Succotash Cranberry Sauce Baker's Choice Fruit 25	Build Your Own Chicken Caesar Wrap Soft Flour Tortilla Broccoli Florets Banana Nutrigrain Bar 26	Chicken Parmesan Noodles & Sauce Garlic Green Beans Garden Salad Fresh Orange 27	Cheddarwurst Bun German Potato Salad Baked Beans Grape Juice Creamy Fruit Salad 28
Cranberry Meatballs Mashed Potatoes Chef's Vegetables Pea & Cheese Salad Lorna Doone Cookies Fruit 31	Goodwill Greater Milwaukee & Chicago MEALS ON WHEELS find us on facebook = Diabetic Dessert \$4.00 SUGGESTED CONTRIBUTION			

HEALTHY HEART, HEALTHY BRAIN, AND HEALTHY AGING

Choices you make today can help prevent stroke and heart disease and keep you mentally sharp as you age.



American
Stroke
Association.
A division of the
American Heart Association.

Avoid **brain problems** like stroke, memory loss and difficulties with thinking and learning by **taking the following actions:**



MANAGE BLOOD
PRESSURE, BLOOD
GLUCOSE &
CONTROL
CHOLESTEROL



SLEEP
WELL



STOP SMOKING &
LIMIT ALCOHOL
INTAKE



EAT
BETTER



MONITOR
COGNITIVE
CHANGES



GET
PHYSICALLY
AND SOCIALLY
ACTIVE



LOSE
WEIGHT



150 MINUTES
OF PHYSICAL ACTIVITY
PER WEEK
& A WELL-BALANCED DIET
CAN IMPROVE MEMORY
AND YOUR ABILITY TO PROCESS INFORMATION

Research shows a **brain-healthy diet** is:



HIGH in fruits, vegetables, poultry, fish, nuts,
whole grains and low-fat foods



LOW amounts of red meats, sweets, sugar-sweetened
beverages, saturated fat and cholesterol



**80% OF STROKES
AND HEART DISEASE
MAY BE PREVENTABLE¹**

All systems of our bodies work best when they have optimal blood flow, and our brain's ability to think, regulate, control our bodies and enjoy life is no exception.

¹<https://www.ahajournals.org/doi/full/10.1161/STROKEAHA.116.009554>

For more information visit **heart.org/BrainHealth**



county.milwaukee.gov/aging