

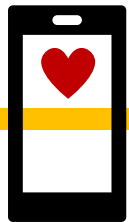
MILWAUKEE COUNTY SENIOR DINING

WHERE SENIORS LOVE TO LUNCH



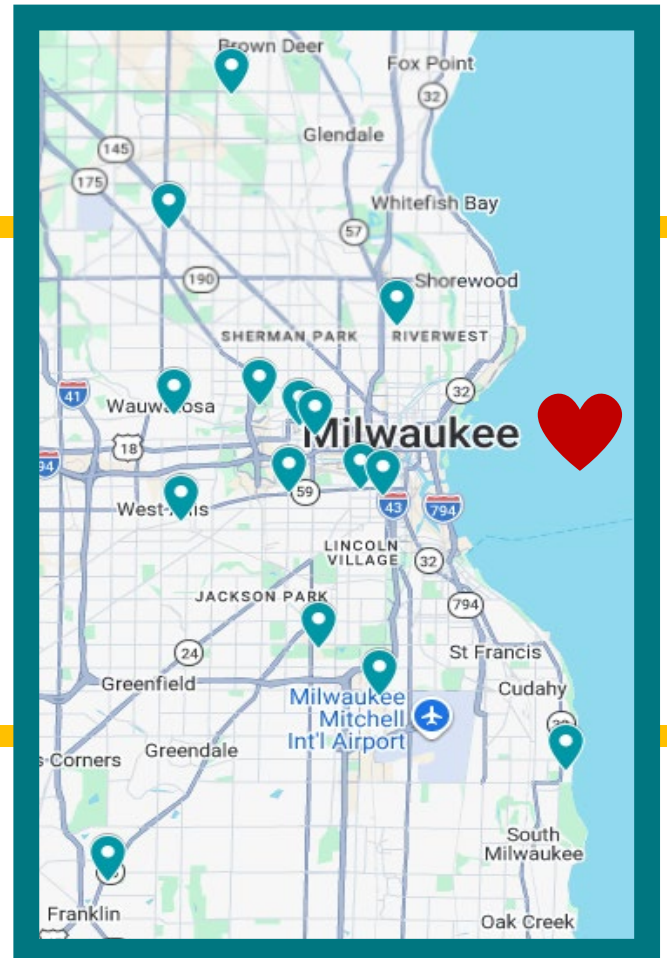
Join Us!

- Adults 60+
- View Menus Online
- Reservation may be Required
- Convenient Locations
- Transportation Options



Call Today!

Senior Dining Office
(414) 289-6995



**Suggested
Contribution**



60+

\$3.00



**MILWAUKEE
COUNTY**



414-289-6874

MILWAUKEE COUNTY SENIOR DINING

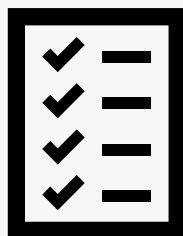
We invite you to explore your options with our ever-changing lineup.
Please Call your preferred site for critical updates, reservations
and specific service information.

Senior Dining Sites	Address	City	Zip	Phone
 Clinton Rose Senior Center	3045 N. Martin Luther King Drive	Milwaukee	53212	(414) 263-2255
 Elks Lodge	5555 W. Good Hope Road	Milwaukee	53223	(414) 760-3195
 Franklin City Hall	9229 W. Loomis Road	Franklin	53132	(414) 427-7696
 Hart Park Senior Center	7300 Chestnut Street	Wauwatosa	53213	(414) 257-3534
 Indian Council of the Elderly	944 N. 33 rd Street	Milwaukee	53208	(414) 933-1401
 Kelly Senior Center	6100 S. Lake Drive	Cudahy	53110	(414) 481-9611
 Milwaukee Community Crossroads	807 S. 14 th Street	Milwaukee	53204	(414) 902-5384
 Muslim Community & Health Center	803 W. Layton Avenue	Milwaukee	53221	(414) 552-3337
 United Community Center	730 W. Washington Street	Milwaukee	53204	(414) 649-2807
 Washington Park Senior Center	4420 W. Vliet Street	Milwaukee	53208	(414) 933-2332
 West Allis Senior Center	7001 W. National Avenue	West Allis	53214	(414) 302-8703
 Wilson Park Senior Center	2601 W. Howard Avenue	Milwaukee	53221	(414) 282-3284

Dine-Out Sites	Address	City	Zip	Phone
 An Ox Café	7411 W. Hampton Avenue	Milwaukee	53218	(414) 391-9009
 Daddy's Soul Food & Grille	754 N. 27 th Street	Milwaukee	53208	(414) 391-9009
 Orenda Café	3514 W. National Avenue	Milwaukee	53215	(414) 391-9009
 Rise & Grind Café	2737 N. MLK Drive	Milwaukee	53212	(414) 391-9009

KEY

-  In-Person Dining
-  Grab & Go
-  Closed



Getting Started:

- 1 Choose Site
- 2 Make Reservation (If required)
- 3 Submit Registration Form



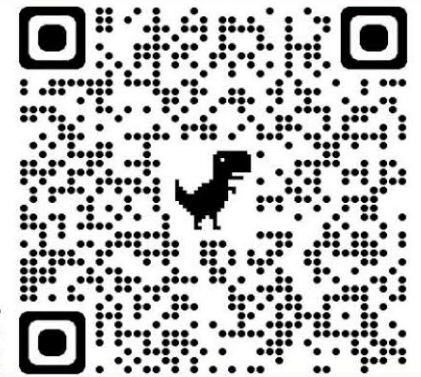
11/1/2026

MILWAUKEE COUNTY SENIOR DINING

EXPLORE



Become a **Senior Diner!**



View Menus Online! county.milwaukee.gov/aging Senior Dining Office: 414.289.6995

MILWAUKEE COUNTY SENIOR DINING

Background

Primarily funded by Older Americans Act dollars, senior nutrition programs are designed to serve as gathering places for older adults (60+). There is tremendous value and opportunity in bringing people together to enjoy nutritious meals. Sharing food and engaging conversations with others is a powerful experience that encourages new connections, strengthens existing ones and ultimately improves our community.

Equally as beneficial can be the exposure to new information, awareness of relevant programs and attention to activities that promote health and well-being. While these popular services have been around for decades, excitement has been especially high around our award-winning Dine Out Restaurant partnership which adds convenience, flexibility and much needed diversity to the lineup.

We are committed to continuing these essential services while decreasing barriers to access, addressing gaps in service and introducing new & innovative solutions that keep us moving forward with satisfied customers.

WHO?



- Anyone 60+
- Spouse (of any Age)
- Dining Site Volunteer

- No income limits
- No residency restrictions

WHY?



- Reduce Hunger & Malnutrition
- Address Food Insecurity
- Combat Isolation thru Socialization
- Improve Health & Well-Being
- Delay Adverse Health Conditions

WHAT?



- Healthy Meals
- Nutrition Education
- Nutrition Assessment
- Nutrition Consultation

WHEN?



- Monday - Friday Options
- 15+ Locations
- Weekly Restaurant Dining
- Monthly Dinner Meal
- 1 Breakfast Option

WHERE?



- 6 Senior Centers
- 3 Community Centers
- 3 Restaurant Partners
- 3 Other
- Meals on Wheels

HOW?



- Choose a Dining Site
- Call for a Reservation?
- Complete Registration Form
- Transportation may be available
- Homebound? → Meals on Wheels

COST?



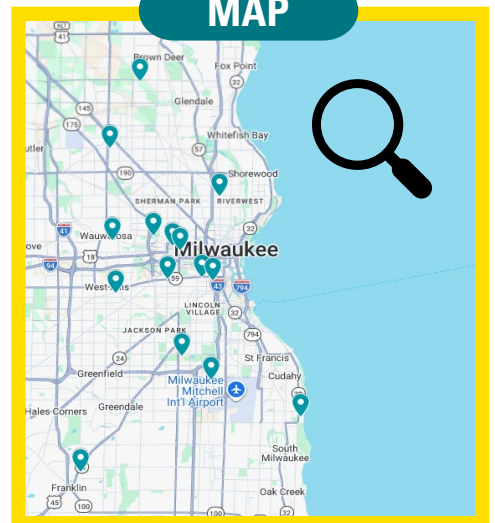
\$3.00 Suggested Contribution



GUEST: \$8.00

There is not an actual charge for Seniors. Participants are given the opportunity to contribute as they are willing or able.

MAP



MILWAUKEE COUNTY SENIOR DINING

Have you heard about this?



This exciting program expansion for those 60+ adds local restaurants to enhance our list of Senior Dining offerings. Diners choose from delicious and culturally-diverse options while supporting minority-owned restaurants.

Monday	Tuesday	Wednesday	Thursday
	 LUNCH 754 N. 27 th Street 11:00AM - 1:00PM	 BREAKFAST 3514 W. National Avenue 8:00AM - 10:00AM	 LUNCH 7411 W. Hampton Avenue 11:00AM - 1:00PM

Participation Details

- 1** For 60+. No Reservations. First Come-First Served.
(Arrive during the scheduled time on the designated day)
- 2** Current Senior Dining Registration Required
(For anyone 60 or older--Provide proof of age)
- 3** Select from Specific Menu Options
- 4** Enjoy Your Meal!
- 5** Please Consider Making a Contribution
(Contribute what you can. Cash or Check accepted)



MILWAUKEE COUNTY SENIOR DINING

¿Ya se enteró de esto?



Esta emocionante ampliación del programa para mayores de 60 años incorpora restaurantes locales para mejorar nuestra lista de ofertas de Comedor para Adultos Mayores. Los comensales eligen entre opciones deliciosas y culturalmente diversas, mientras que apoyan a restaurantes propiedad de minorías.

Lunes	Martes	Miércoles	Jueves
	 ALMUERZO 754 N. 27 th Street 11:00AM - 1:00PM	 DESAYUNO 3514 W. National Avenue 8:00AM - 10:00AM	 ALMUERZO 7411 W. Hampton Avenue 11:00AM - 1:00PM

Información Para Participar

- 1** Para 60 años y más. Sin reservaciones. Servicio por orden de llegada.
(Llegue durante el horario de servicio el día señalado)
- 2** Se requiere registro actual del Comedor para Adultos Mayores
(Para mayores de 60 años: presentar comprobante de edad)
- 3** Solo puede seleccionar opciones específicas del menú
- 4** ¡Disfrute su comida!
- 5** Considere realizar una contribución
(Contribuya con lo que pueda. Se acepta efectivo o cheque)



MILWAUKEE COUNTY SENIOR DINING



Upcoming Holiday Closures



Sorry We Are
CLOSED

Thanksgiving Day 11/26
Christmas Eve 12/24
New Year's Eve 12/31



Experiencing Food Insecurity?

Low/Fixed Income



Inflationary Prices



Cut in SNAP Benefits



How to **stretch** your food dollars...

You're Invited!

Join Milwaukee County Senior Dining:

- Open to those 60+
- Convenient locations
- Delicious & Nutritious
- Wide variety of menu options
- Transportation may be available
- Connect with others
- No Income Restrictions
- No Residency Requirements
- Potential Volunteer Opportunities
- Homebound? Ask about Meals on Wheels



With many different locations, we believe there is something for everyone and invite you to **explore your options**.



Reservations **may be** required in advance of your visit-- please plan ahead.



We encourage participants to consider making a contribution, but there is not an actual charge for those 60+.



MILWAUKEE COUNTY SENIOR DINING



*Because good nutrition improves quality of life.
Because it is important to have culturally diverse options.
Because supporting small business strengthens the community.*



Open for Senior Dining

Thursdays 11:00 AM - 1:00 PM

7411 W. Hampton Avenue Milwaukee 53218

For Anyone 60+ (verified w/photo ID)

No Reservations

Check-in with Dining Staff

Complete Registration Form?

Choose Entrée & One Side

*Other Menu Items for **Full Price***

Enjoy Meal!

ENTRÉE

Select One:



- ☐ Beef & Broccoli
- ☐ Chicken Fried Rice
- ☐ Vegetable Lo Mein Noodles

SIDES

Select One:



- ☐ Crab Rangoon
- ☐ Egg Roll

*Each meal served with:
Broth/Soup, Fruit, Beverage*



MILWAUKEE COUNTY SENIOR DINING



*Because good nutrition improves quality of life.
Because it is important to have culturally diverse options.
Because supporting small business strengthens the community.*



Open for Senior Dining
Tuesdays 11:00 AM - 1:00 PM
754 N. 27th Street Milwaukee 53208

For Anyone 60+ (verified w/photo ID)

No Reservations

Check-in with Dining Staff

Complete Registration Form?

Choose Entrée & Two Sides

*Other Menu Items for **Full Price***

Enjoy Meal!

ENTRÉE

Select One:



- ☐ Baked Chicken
- ☐ Fried Chicken
- ☐ Catfish

*(Each Entrée served with:
Dinner Roll, Fruit, Milk or Water)*

SIDES

Select Two:



- ☐ Sweet Potatoes
- ☐ Mac & Cheese
- ☐ Black-Eyed Peas
- ☐ Smoked Turkey Greens
- ☐ Green Beans & Potatoes

Suggested
Contribution



60+

\$3.00



county.milwaukee.gov/aging

✉ SeniorDining@milwaukeecountywi.gov



Senior Dining Office: 414-289-6995

MILWAUKEE COUNTY SENIOR DINING



*Because good nutrition improves quality of life.
Because it is important to have culturally diverse options.
Because supporting small business strengthens the community.*



Open for Senior Dining

Wednesdays: 8:00 AM - 10:00 AM

3514 W. National Avenue Milwaukee 53215

For Anyone 60+ (verified w/photo ID)

No Reservations

Check-in with Dining Staff

Complete Registration Form?

Choose One Breakfast Option

*Other Menu Items for **Full Price***

Enjoy Meal!

BREAKFAST OPTIONS

Select One:



(Each Breakfast Option served with Fruit & Milk)

- Veggie Bowl (Scrambled Egg, Potatoes, Peppers, Onions, Spinach, Mushrooms, Cauliflower, Cheddar)
- Chilaquiles (Scrambled Eggs, Tortilla Chips, Salsa choice, Cotija Cheese, Onion, Cilantro, Avocado Crema)
- Pancakes & Eggs (Short stack of Pancakes (2) with Scrambled Eggs)
- Avocado Toast (Multigrain Toast, Avocado, Tomato, Red Onion, Chia Seeds, Scrambled Egg)

Suggested
Contribution



60+

\$3.00



county.milwaukee.gov/aging



SeniorDining@milwaukeecountywi.gov



Senior Dining Office: 414-289-6995

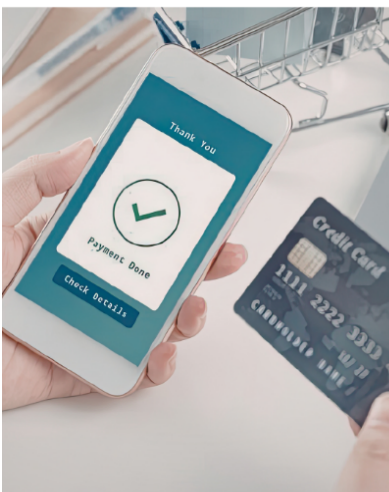
Milwaukee County Area Agency on Aging

Now Accepting **E-PAY** *for your convenience*

Making Contributions just got easier!
Use the QR Code, the Card Reader on-site,
or the Contribution Button on our website,
to make a one-time or recurring payment.



*We appreciate your kind generosity
in support of these essential services!*



Contribute to:

- ☒ Senior Dining
- ☒ Home Delivered Meals
- ☒ Transportation
- ☒ Evidence-Based Wellness
- ☒ Senior Center Socialization



county.milwaukee.gov/aging

EAT MORE COLOR

BLUE & PURPLE

blackberries	grapes
blueberries	plums
black currants	prunes
dates	purple figs
eggplants	raisins

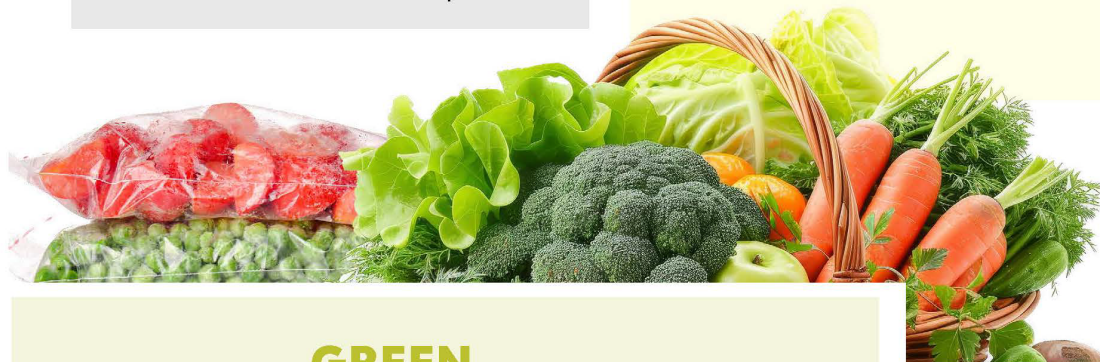
The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. All forms of fruits and vegetables (fresh, frozen, canned and dried) can be part of a heart-healthy diet. Choose types without added salt and sugar.

WHITE

bananas	mushrooms
cauliflower	onions
daikon	potatoes
garlic	parsnips
Jerusalem artichoke	shallots
jicama	taro
lotus root	turnips

ORANGE & YELLOW

acorn squash	nectarines	pumpkins
apricots	oranges	summer squash
butternut squash	orange peppers	sweet potatoes
cantaloupes	papayas	tangerines
carrots	passionfruit	yams
corn	peaches	yellow apples
lemons	pineapples	yellow grapefruits
mangoes	plantains	yellow peppers
		yellow squash



GREEN

artichokes	green cabbage	okra
asparagus	green grapes	pears
avocados	green onions	peas
bok choy	green peppers	romaine lettuce
broccoli	kale	snow peas
Brussels sprouts	kiwis	spinach
celery	leeks	sugar snap peas
collard greens	limes	tomatillo
cucumbers	mustard greens	watercress
green beans	nopales	zucchini

RED & PINK

beets	red apples
cherries	red grapes
cranberries	red peppers
guava	red potatoes
pink grapefruit	rhubarbs
pomegranates	strawberries
radicchio	tomatoes
red radishes	watermelons

EAT SMART. LIVE MORE. BE WELL.

heart.org/HealthyForGood



American Heart Association.
Healthy for Good™

COME CON MÁS COLOR

AZUL Y MORADO

arándanos	grosellas negras
berenjenas	higos morados
ciruelas	moras
ciruelas pasas	pasas
dátiles	uvas

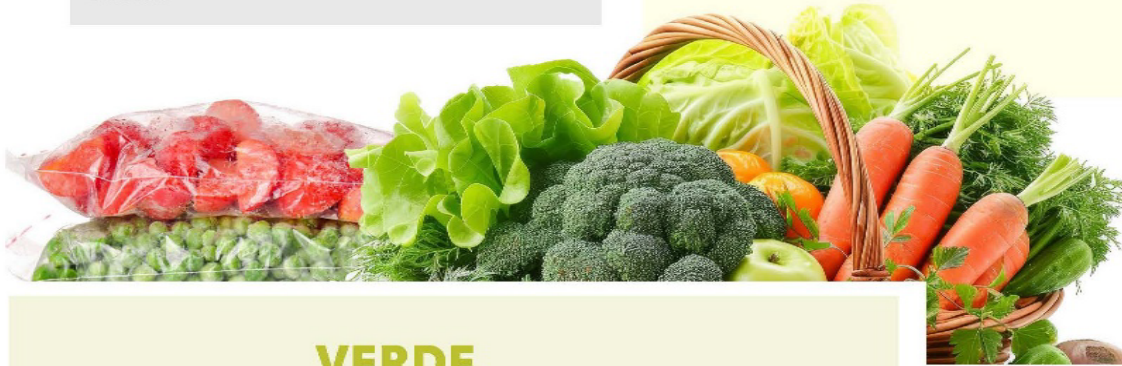
La mejor manera de obtener todas las vitaminas, minerales y nutrientes que necesitas es comer una variedad de frutas y verduras de distintos colores. Todas las formas de frutas y verduras (frescas, congeladas, enlatadas y deshidratadas) pueden formar parte de una dieta saludable para el corazón. Elige tipos que no contengan sal ni azúcar añadida.

BLANCO

ajo	jícamas
alcachofas de Jerusalén	nabos
bananas	papas
cebollas	rábano blanco
chalotas	raíz de loto
champiñones	taros
chirivías	
coliflor	

NARANJA Y AMARILLO

albaricoques	limones	papayas
batatas	maíz	pimientos amarillos
calabazas	mandarinas	pimientos naranjas
calabazas amarillas	mangos	piñas
calabazas bellota	manzanas amarillas	plátanos
calabazas butternut	maracuyá	pomelos amarillos
calabazas de verano	melones cantalupo	zanahorias
camotes	naranjas	
duraznos	nectarinas	



VERDE

aguacates	coles de Bruselas	limas
alcachofas	espárragos	nopales
apio	espinaca	pepinos
berros	frijoles verdes	peras
bok choy	guisantes	pimientos verdes
brócoli	guisantes chinos	puerros
calabacines	guisantes dulces	quingombó
cebollines	hojas de mostaza	repollo verde
col berza	kiwis	tomatillo
col rizada	lechuga romana	uvas verdes

ROJO Y ROSA

achicoria roja	pimientos rojos
arándanos rojos	pomelo rosa
cerezas	rábanos rojos
fresas	remolachas
granadas	ruibarbos
guayaba	sandía
manzanas rojas	tomates
papas rojas	uvas rojas

COME DE FORMA INTELIGENTE.
VIVE MÁS. SIÉNTETE BIEN.

heart.org/HealthyForGood (sitio web en inglés)

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MILWAUKEE COUNTY SENIOR DINING

Thank you for dining with us!
Did you enjoy your meal?

Please take a moment to let us know



(414) 207-5873



(414) 289-6995



SeniorDining@milwaukeecountywi.gov

MILWAUKEE COUNTY SENIOR
DINING





MILWAUKEE COUNTY SENIOR DINING

REGISTRATION FORM

☐ New ☐ Annual Renewal

Site

Date

Last Name		First Name		Middle Initial	Suffix JR SR I II III
Address		City		State	Zip Code
Birthdate (mm/dd/yyyy)	Age	Gender	Phone	Email	
Marital Status ☐ Single ☐ Married ☐ Partnered ☐ Separated ☐ Divorced ☐ Widowed ☐ Other	Military/Veteran? ☐ No ☐ Yes Household ☐ Lives Alone ☐ Lives in LTC Facility ☐ Lives with Others ☐ Unhoused/Unstable housing ☐ Unknown ☐ Other	Preferred Language ☐ English ☐ Hmong ☐ Spanish ☐ Other Ethnicity ☐ Hispanic/Latino ☐ Not Hispanic/Latino		Race ☐ American Indian/Alaskan Native ☐ Asian or Asian American ☐ Black/African American ☐ Hispanic or Latino ☐ Middle Eastern or North African ☐ Native Hawaiian/Pacific Islander ☐ White ☐ Other:	

\$ 2026 INCOME

i Your response will not impact your eligibility. Service is **Age-based, NOT income-based**

For one-person household, income is below \$1,330/month (\$15,960 annually)

☐ No ☐ Yes

For two-person household, income is below \$1,803/month (\$21,640 annually)

☐ No ☐ Yes

NUTRITION SCREEN <i>Circle the Corresponding Number</i>		No	Yes	How did you hear about us?	Under 60?
1	A condition or illness changes the kind or amount of food I eat	0	2	☐ Friend/Family ☐ Facebook ☐ Health Provider ☐ Newspaper ☐ Internet Search ☐ Radio/TV ☐ US Mail ☐ Church ☐ Senior Center ☐ Other	What makes you eligible? → If under 60 Select One: ☐ Active Dining Volunteer ☐ Spouse of Active Diner ☐ Adult w/Disability lives & dines w/Active Diner
2	I eat fewer than 2 meals each day	0	3		
3	I eat few fruits, vegetables or milk products	0	2		
4	I have 3+ drinks of beer, wine or liquor almost every day	0	2		
5	Tooth or mouth problems make it hard to eat	0	2		
6	I don't always have enough money to buy the food I need	0	4		
7	I eat alone most of the time	0	1		
8	I take 3+ prescribed or over-the-counter medications a day	0	1		
9	Unintentionally, lost/gained 10 pounds in last 6 months	0	2		
10	Not always physically able to shop, cook or feed myself	0	2		
Scale: 0-2 = ● Low 3-5 = ● Moderate 6+ = ● High		Total Nutrition Risk:		OFFICE USE ☐ Received _____ ☐ Diner Card ☐ Diner Handbook ☐ Data Entry _____ ☐ STAFF _____	

Emergency Contact

Phone

Relationship

Privacy Statement: The information you are being asked to provide is needed to determine if you are eligible to receive Older Americans Act Services and to comply with federal and state reporting requirements. This information will be stored in a secure electronic database and will not be used for any other purpose. Your information will not be sold or shared with another agency without your permission. You have the right to review your record and request changes to ensure accuracy. You will not be denied most services if you refuse to provide this information. If you have questions regarding this, please ask the aging office staff.

NOTE: Registration Form continues on the back. Please complete both sides

Effective: September 11, 2026

MILWAUKEE COUNTY SENIOR DINING

REGISTRATION *(continued)*

Food Access ➞ 2 Questions:

For each statement, indicate if *Often True*, *Sometimes True* or *Never True* for you in the last 12 months.

1 "I worried whether my food would run out before I got money to buy more."

- ☐ Often True *
- ☐ Sometimes True *
- ☐ Never True

2 "The food that I bought just didn't last, and I didn't have money to get more."

- ☐ Often True *
- ☐ Sometimes True *
- ☐ Never True

Weight Loss and Appetite ➞ 2 Questions:

1 Have you recently lost weight without trying?

- ☐ No Score = 0
- ☐ Not Sure Score = 2
- ☐ Yes ➞

If YES, how much weight have you lost?

☐ 2-13 pounds	Score	1
☐ 14-23 pounds	Score	2
☐ 24-33 pounds	Score	3
☐ 34 pounds or more	Score	4
☐ Unsure	Score	2

WEIGHT LOSS Score =

2 Have you been eating poorly because of a decreased appetite?

- ☐ No
- ☐ Yes

No	Score	0
Yes	Score	1

APPETITE Score =

Weight Loss Score

+

Appetite Score

➞

TOTAL MST Score =

☐ OK to refer to Dietitian for Follow-Up?

FOR OFFICE USE:

Final Determine Score:

Determine Nutrition Risk Level

- ☐ Low Risk (0-2)
- ☐ Moderate Risk (3-5)
- ☐ High Risk (6 or more)



MST Malnutrition Screen Score

- ☐ Not at Risk (= 0 to 1)
- ☐ At Risk (= 2 or more)

FOOD INSECURE?

Response of *Often True* or *Sometimes True* to either question = Food Insecure.

- ☐ NO ☐ YES

Next Steps:

- ☐ Refer to Dietitian
- ☐ EBS to complete Foodshare Application
- ☐ Provide food pantries & community meals info

☐ Recorded the MST Score and Food Insecurity Response in Peer Place.

