

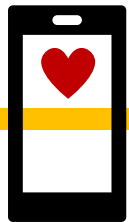
# MILWAUKEE COUNTY SENIOR DINING

## WHERE SENIORS LOVE TO LUNCH



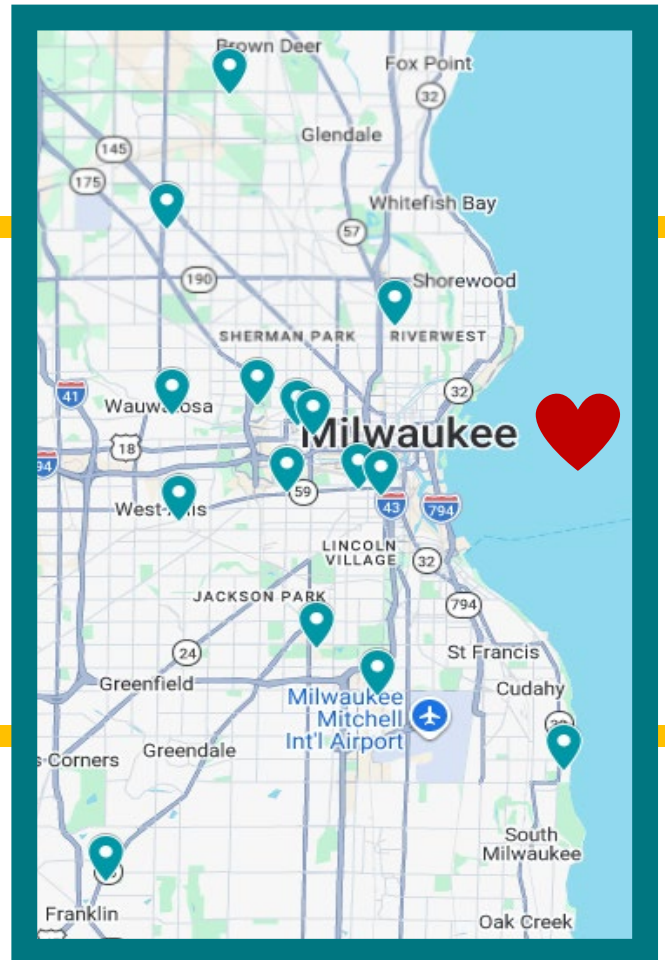
**Join Us!**

- 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

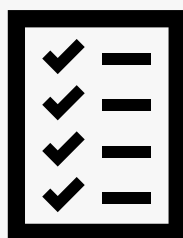
We invite you to explore your options with our ever-changing lineup.  
Please Call your preferred site for critical updates, reservations  
and specific service information.

| 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 <sup>rd</sup> Street   | Milwaukee  | 53208 | (414) 933-1401 |
|  Kelly Senior Center              | 6100 S. Lake Drive               | Cudahy     | 53110 | (414) 481-9611 |
|  Milwaukee Community Crossroads   | 807 S. 14 <sup>th</sup> 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 <sup>th</sup> 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



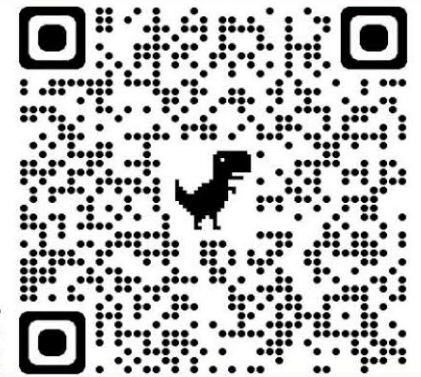
11/1/2026

# MILWAUKEE COUNTY SENIOR DINING

# EXPLORE



Become a **Senior Diner!**



View Menus Online! [county.milwaukee.gov/aging](https://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?



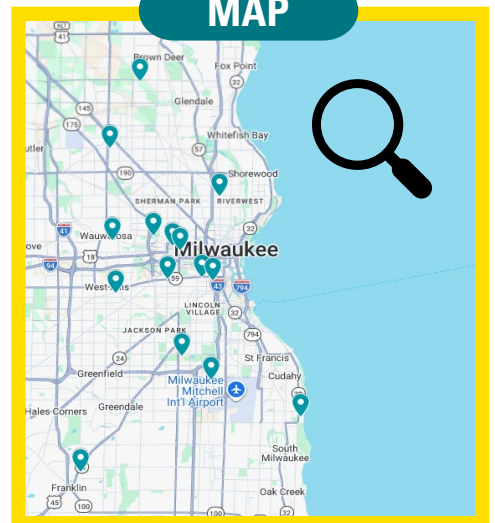
**\$3.00** Suggested Contribution



**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                                                                                                                                                  |
|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <br><b>LUNCH</b><br>754 N. 27 <sup>th</sup> Street<br><b>11:00AM - 1:00PM</b> | <br><b>BREAKFAST</b><br>3514 W. National Avenue<br><b>8:00AM - 10:00AM</b> | <br><b>LUNCH</b><br>7411 W. Hampton Avenue<br><b>11:00AM - 1:00PM</b> |

## 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                                                                   |
|-------|----------------------------------------------------------------------------------|---------------------------------------------------------------------------|--------------------------------------------------------------------------|
|       | <br><b>ALMUERZO</b><br>754 N. 27 <sup>th</sup> Street<br><b>11:00AM - 1:00PM</b> | <br><b>DESAYUNO</b><br>3514 W. National Avenue<br><b>8:00AM - 10:00AM</b> | <br><b>ALMUERZO</b><br>7411 W. Hampton Avenue<br><b>11:00AM - 1:00PM</b> |

## 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

## CLINTON ROSE

3045 N. Martin Luther King Drive

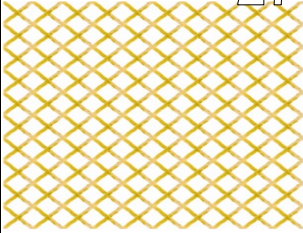


**(414) 263-2255**

11:00 For In-Person Dining

# NOVEMBER



| Monday                                                                                                   | Tuesday                                                                                                                                            | Wednesday                                                                                                                                   | Thursday                                                                                                       | Friday                                                                                                                                                            |
|----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>2</b><br>Spaghetti<br>Meat Sauce<br>Green & Wax Beans<br>Pea & Cheese Salad<br>Strawberry Applesauce  | <b>ELECTION DAY 3</b><br>Cheesy Rice & Ham<br>Brussels Sprouts<br>Diced Beets<br>3-Bean Salad<br>Brownie<br>♥ Fruit                                | <b>4</b><br>Asian Chicken Salad<br><i>Greens, Chicken, Almonds</i><br><i>Mandarin, Crispy Noodles</i><br>Sourdough Bread<br>Jello<br>Banana | <b>5</b><br>Chicken Chili<br>Southwest Vegetables<br>Corn O'Brien<br>Tortilla Chips<br>Melon Cup               | <b>6</b><br>Baked Fish<br>Parsley Potatoes<br>Glazed Carrots<br>Dinner Roll<br>Mixed Berries                                                                      |
| <b>9</b><br>Grilled Chicken<br>Kaiser Roll<br>Potato Wedges<br>Baked Beans<br>Ambrosia                   | <b>10</b><br>Breakfast Skillet<br><i>Egg, Sausage, Potato, Cheese</i><br>Sautéed Mushrooms<br>Spiced Peaches<br>🍊 Orange Juice<br>Blueberry Muffin | <b>11</b><br>Pork Stir-Fry<br>Veggie Fried Rice<br>Wisconsin Vegetables<br>Grapes<br>Fortune Cookie                                         | <b>12</b><br>Seafood Alfredo<br>Penne Pasta<br>Vegetable du Jour<br>Tossed Salad<br>Croutons<br>Seasonal Fruit | <b>13</b><br>Italian Sausage<br>Bun<br><i>Sautéed Peppers &amp; Onions</i><br>Baby Baker Potatoes<br>Capri Vegetables<br>Orange                                   |
| <b>16</b><br>Baked Ham<br>Potato Casserole<br>Sautéed Spinach<br>Whole Grain Bread<br>Pineapple          | <b>17</b><br>Meatball Stroganoff<br>Buttered Egg Noodles<br>Garden Vegetables<br>Carrot Raisin Salad<br>Red Delicious Apple                        | <b>18</b><br>Taco Joe/Bun<br>Skillet Potatoes<br>Mexi-Corn<br>Tropical Fruit<br>Pudding<br>♥ Fruit                                          | <b>19</b><br>Smothered Chicken<br>Rice Pilaf<br>Calico Beans<br>🍏 Apple Juice<br>Mandarin Oranges              | <b>20</b><br>Beef Stew<br>Baked Potato<br>Braised Cabbage<br>Peaches<br>Fruited Bread/Muffin                                                                      |
| <b>23</b><br>Big Mac Casserole<br>Country Vegetables<br>Warm Fruit Compote<br>Dinner Roll<br>Fresh Fruit | <b>24</b><br>BBQ Pork Riblet<br>Sweet Potatoes<br>Roasted Cauliflower<br>Hawaiian Dinner Roll<br>Applesauce                                        | <b>25</b><br>Roast Turkey/Gravy<br>Mashed Potatoes<br>Green Bean Casserole<br>🍷 Cranberry Juice<br>Pumpkin Dessert<br>♥ Fruit               | <b>CLOSED 26</b><br>       | <b>CLOSED 27</b><br>                                                         |
| <b>30</b><br>Cheesy Tuna Bake<br>Steamed Broccoli<br>Winter Squash<br>Biscuit<br>Clementine              |                                                                 | <p>✳ Menu subject to change without notice</p> <p><a href="#">find us on facebook</a></p> <p>♥ = Healthier Dessert</p>                      |                                                                                                                |                                                                                                                                                                   |
|                                                                                                          |                                                                                                                                                    |                                                                                                                                             |                                                                                                                | <p><b>Suggested Contribution</b></p> <p> <b>60+</b></p> <p><b>\$3.00</b></p> |

# DINE@FIVE

# 2026 Schedule

**March**

**18**

*Wednesday*

**April**

**15**

*Wednesday*

**May**

**20**

*Wednesday*

**June**

**17**

*Wednesday*

**July**

**15**

*Wednesday*

**August**

**19**

*Wednesday*

**September**

**16**

*Wednesday*

**October**

**21**

*Wednesday*

**November**

**18**

*Wednesday*

**December**

**16**

*Wednesday*



## ELKS LODGE

5555 W. Good Hope Road  
**Reservations Required**

**(414) 760-3195**

9:30 - Noon, Tuesday Prior  
On-Site Registration available



[county.milwaukee.gov/aging](https://county.milwaukee.gov/aging)

✉ [SeniorDining@milwaukeecountywi.gov](mailto:SeniorDining@milwaukeecountywi.gov)



Senior Dining Office: 414-289-6995

# MILWAUKEE COUNTY SENIOR DINING

## ELKS LODGE

5555 W. Good Hope Road



**(414) 760-3195**

11:30 For In-Person Dining

# NOVEMBER



| Monday                                                                                                                                             | Tuesday                                                                                                            | Wednesday                                                                                                                                      | Thursday                                                                                                                                     | Friday                                                                                                                             |
|----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
| <b>2</b><br>Spaghetti<br>Meat Sauce<br>Italian Beans<br>Garlic Bread<br>Garden Salad<br>Creamy Fruit Salad                                         | <b>3</b><br>Cheesy Rice & Ham<br>Brussels Sprouts<br>Diced Beets<br>Chilled Pears<br>Brownie<br>❤️ Fruit           | <b>4</b><br>Chef's Salad<br><i>Turkey, Ham, Egg, Cheese</i><br><i>Lettuce, Tomato, Dressing</i><br>Sourdough Bread<br>Fruited Yogurt<br>Banana | <b>5</b><br>Beef Stew<br>Baked Potato<br>Braised Cabbage<br>Broccoli Salad<br>Peanut Butter Cookie<br>❤️ Fruit                               | <b>6</b><br><b>A. Fried Fish</b><br><b>B. Baked Fish</b><br>French Fries<br>Chef's Vegetables<br>Creamy Coleslaw<br>Orange Sherbet |
| <b>9</b><br>Breakfast Skillet<br><i>Egg, Sausage, Potato, Cheese</i><br>Sautéed Mushrooms<br>Chilled Peaches<br>🍊 Orange Juice<br>Blueberry Muffin | <b>10</b><br>Grilled Chicken<br>Bun<br>Potato Wedges<br>Baked Beans<br>Pickle Chips<br>Ambrosia                    | <b>11</b><br>Pork Chop Suey<br>Veggie Fried Rice<br>Wisconsin Vegetables<br>Grapes<br>Fortune Cookie                                           | <b>12</b><br>Broasted Chicken<br><b>A. Dark Meat</b><br><b>B. Light Meat</b><br>Broasted Potatoes<br>Green Beans<br>Dinner Roll<br>Fruit Cup | <b>13</b><br>Italian Sausage<br>Bun<br><i>Sautéed Peppers &amp; Onions</i><br>Tater Tots<br>Capri Vegetables<br>Fresh Orange       |
| <b>16</b><br>Baked Ham<br>Potato Casserole<br>Sautéed Spinach<br>Whole Grain Bread<br>Pineapple                                                    | <b>17</b><br>Beef Stroganoff<br>Buttered Egg Noodles<br>Garden Vegetables<br>Carrot Raisin Salad<br>Fruit Cocktail | <b>DINE@FIVE 18</b><br>Smothered Chicken<br>Rice Pilaf<br>Country Vegetables<br>Hawaiian Dinner Roll<br>Mandarin Oranges                       | <b>19</b><br>Grilled Cheese<br>Tomato Soup<br>3-Bean Salad<br>Chips<br>Rosy Pears                                                            | <b>20</b><br>Seafood Alfredo<br>Penne Pasta<br>Vegetable du Jour<br>Tossed Salad<br>Fruit Crisp<br>❤️ Fruit                        |
| <b>23</b><br>Chicken Chili<br>Southwest Vegetables<br>Corn O'Brien<br>Tortilla Chips<br>Melon Cup                                                  | <b>24</b><br>BBQ Pulled Pork<br>Sweet Potato Fries<br>Cabbage Slaw<br>Applesauce<br>Ice Cream<br>❤️ Fruit          | <b>25</b><br>Roast Turkey/Gravy<br>Mashed Potatoes<br>Green Bean Casserole<br>🍷 Cranberry Juice<br>Pumpkin Dessert<br>❤️ Fruit                 | <b>CLOSED 26</b><br>                                                                                                                         | <b>CLOSED 27</b><br>                                                                                                               |

**A. Supreme Pizza**  
**B. Cheese Pizza**  
 Side Salad  
 Jello  
 🍏 Apple Juice  
 Fresh Fruit Medley



= Healthier Dessert

find us on

facebook

\* Menu subject to change without notice

Suggested Contribution



60+

**\$ 3.00**

# MILWAUKEE COUNTY SENIOR DINING

**FRANKLIN**  
9229 W. Loomis Road



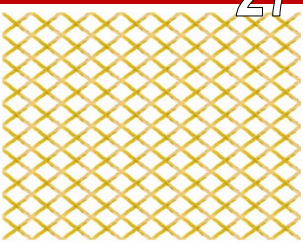
**(414) 427-7696**

11:00 For In-Person Dining



# NOVEMBER



| Monday                                                                                                   | Tuesday                                                                                                                                            | Wednesday                                                                                                                                   | Thursday                                                                                                                              | Friday                                                                                                                          |
|----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| <b>2</b><br>Spaghetti<br>Meat Sauce<br>Green & Wax Beans<br>Pea & Cheese Salad<br>Strawberry Applesauce  | <b>ELECTION DAY 3</b><br>Cheesy Rice & Ham<br>Brussels Sprouts<br>Diced Beets<br>3-Bean Salad<br>Brownie<br>♥ Fruit                                | <b>4</b><br>Asian Chicken Salad<br><i>Greens, Chicken, Almonds</i><br><i>Mandarin, Crispy Noodles</i><br>Sourdough Bread<br>Jello<br>Banana | <b>5</b><br>Chicken Chili<br>Southwest Vegetables<br>Corn O'Brien<br>Tortilla Chips<br>Melon Cup                                      | <b>6</b><br>Baked Fish<br>Parsley Potatoes<br>Glazed Carrots<br>Dinner Roll<br>Mixed Berries                                    |
| <b>9</b><br>Grilled Chicken<br>Kaiser Roll<br>Potato Wedges<br>Baked Beans<br>Ambrosia                   | <b>10</b><br>Breakfast Skillet<br><i>Egg, Sausage, Potato, Cheese</i><br>Sautéed Mushrooms<br>Spiced Peaches<br>🍊 Orange Juice<br>Blueberry Muffin | <b>11</b><br>Pork Stir-Fry<br>Veggie Fried Rice<br>Wisconsin Vegetables<br>Grapes<br>Fortune Cookie                                         | <b>12</b><br>Seafood Alfredo<br>Penne Pasta<br>Vegetable du Jour<br>Tossed Salad<br>Croutons<br>Seasonal Fruit                        | <b>13</b><br>Italian Sausage<br>Bun<br><i>Sautéed Peppers &amp; Onions</i><br>Baby Baker Potatoes<br>Capri Vegetables<br>Orange |
| <b>16</b><br>Baked Ham<br>Potato Casserole<br>Sautéed Spinach<br>Whole Grain Bread<br>Pineapple          | <b>17</b><br>Meatball Stroganoff<br>Buttered Egg Noodles<br>Garden Vegetables<br>Carrot Raisin Salad<br>Red Delicious Apple                        | <b>18</b><br>Taco Joe/Bun<br>Skillet Potatoes<br>Mexi-Corn<br>Tropical Fruit<br>Pudding<br>♥ Fruit                                          | <b>19</b><br>Smothered Chicken<br>Rice Pilaf<br>Calico Beans<br>🍏 Apple Juice<br>Mandarin Oranges                                     | <b>20</b><br>Beef Stew<br>Baked Potato<br>Braised Cabbage<br>Peaches<br>Fruited Bread/Muffin                                    |
| <b>23</b><br>Big Mac Casserole<br>Country Vegetables<br>Warm Fruit Compote<br>Dinner Roll<br>Fresh Fruit | <b>24</b><br>BBQ Pork Riblet<br>Sweet Potatoes<br>Roasted Cauliflower<br>Hawaiian Dinner Roll<br>Applesauce                                        | <b>25</b><br>Roast Turkey/Gravy<br>Mashed Potatoes<br>Green Bean Casserole<br>🍷 Cranberry Juice<br>Pumpkin Dessert<br>♥ Fruit               | <b>CLOSED 26</b><br><br><b>HAPPY THANKSGIVING</b> | <b>CLOSED 27</b><br>                       |
| <b>30</b><br>Cheesy Tuna Bake<br>Steamed Broccoli<br>Winter Squash<br>Biscuit<br>Clementine              | <br><b>Reservations Required</b>                                | <p>❄️ Menu subject to change without notice</p> <p><a href="#">find us on facebook</a></p> <p>♥ = Healthier Dessert</p>                     |                                                                                                                                       |                                                                                                                                 |

**Suggested Contribution**  
  
**60+**  
**\$3.00**

# MILWAUKEE COUNTY SENIOR DINING

## HART PARK

7300 Chestnut Street



**(414) 257-3534**



11:00 For In-Person Dining

# NOVEMBER



| Monday                                                                                                   | Tuesday                                                                                                                                            | Wednesday                                                                                                                                   | Thursday                                                                                                       | Friday                                                                                                                          |
|----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| <b>2</b><br>Spaghetti<br>Meat Sauce<br>Green & Wax Beans<br>Pea & Cheese Salad<br>Strawberry Applesauce  | <b>ELECTION DAY 3</b><br>Cheesy Rice & Ham<br>Brussels Sprouts<br>Diced Beets<br>3-Bean Salad<br>Brownie<br>🍷 Fruit                                | <b>4</b><br>Asian Chicken Salad<br><i>Greens, Chicken, Almonds</i><br><i>Mandarin, Crispy Noodles</i><br>Sourdough Bread<br>Jello<br>Banana | <b>5</b><br>Chicken Chili<br>Southwest Vegetables<br>Corn O'Brien<br>Tortilla Chips<br>Melon Cup               | <b>6</b><br>Baked Fish<br>Parsley Potatoes<br>Glazed Carrots<br>Dinner Roll<br>Mixed Berries                                    |
| <b>9</b><br>Grilled Chicken<br>Kaiser Roll<br>Potato Wedges<br>Baked Beans<br>Ambrosia                   | <b>10</b><br>Breakfast Skillet<br><i>Egg, Sausage, Potato, Cheese</i><br>Sautéed Mushrooms<br>Spiced Peaches<br>🍊 Orange Juice<br>Blueberry Muffin | <b>11</b><br>Pork Stir-Fry<br>Veggie Fried Rice<br>Wisconsin Vegetables<br>Grapes<br>Fortune Cookie                                         | <b>12</b><br>Seafood Alfredo<br>Penne Pasta<br>Vegetable du Jour<br>Tossed Salad<br>Croutons<br>Seasonal Fruit | <b>13</b><br>Italian Sausage<br>Bun<br><i>Sautéed Peppers &amp; Onions</i><br>Baby Baker Potatoes<br>Capri Vegetables<br>Orange |
| <b>16</b><br>Baked Ham<br>Potato Casserole<br>Sautéed Spinach<br>Whole Grain Bread<br>Pineapple          | <b>17</b><br>Meatball Stroganoff<br>Buttered Egg Noodles<br>Garden Vegetables<br>Carrot Raisin Salad<br>Red Delicious Apple                        | <b>18</b><br>Taco Joe/Bun<br>Skillet Potatoes<br>Mexi-Corn<br>Tropical Fruit<br>Pudding<br>🍷 Fruit                                          | <b>19</b><br>Smothered Chicken<br>Rice Pilaf<br>Calico Beans<br>🍏 Apple Juice<br>Mandarin Oranges              | <b>20</b><br>Beef Stew<br>Baked Potato<br>Braised Cabbage<br>Peaches<br>Fruited Bread/Muffin                                    |
| <b>23</b><br>Big Mac Casserole<br>Country Vegetables<br>Warm Fruit Compote<br>Dinner Roll<br>Fresh Fruit | <b>24</b><br>BBQ Pork Riblet<br>Sweet Potatoes<br>Roasted Cauliflower<br>Hawaiian Dinner Roll<br>Applesauce                                        | <b>25</b><br>Roast Turkey/Gravy<br>Mashed Potatoes<br>Green Bean Casserole<br>🍷 Cranberry Juice<br>Pumpkin Dessert<br>🍷 Fruit               | <b>CLOSED 26</b><br>                                                                                           | <b>CLOSED 27</b><br>                                                                                                            |
| <b>30</b><br>Cheesy Tuna Bake<br>Steamed Broccoli<br>Winter Squash<br>Biscuit<br>Clementine              |                                                                                                                                                    |                                                                                                                                             |                                                                                                                | <b>Suggested Contribution</b><br><b>60+</b><br><b>\$ 3.00</b>                                                                   |

\* Menu subject to change without notice

find us on **facebook**

🍷 = Healthier Dessert

# MILWAUKEE COUNTY SENIOR DINING

## INDIAN COUNCIL OF THE ELDERLY

944 N. 33<sup>rd</sup> Street

*No Reservations*

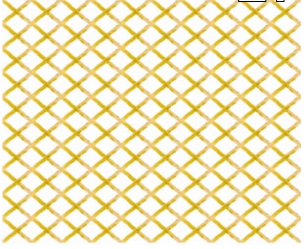


**(414) 933-1401**

11:00 for In-Person Dining

# NOVEMBER



| Monday                                                                                    | Tuesday                                                | Wednesday | Thursday                                                                                                                               | Friday                                                                                                                                             |
|-------------------------------------------------------------------------------------------|--------------------------------------------------------|-----------|----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| Bratwurst <b>2</b><br>Potato Wedges<br>3-Bean Salad<br>Juice<br>Fruit                     | <b>3</b>                                               | <b>4</b>  | Pork Fritter <b>5</b><br>Mashed Potatoes<br>Corn<br>Juice<br>Fruit                                                                     | Tuna Salad Sandwich <b>6</b><br>Potato Salad<br>Cucumber Salad<br>Juice<br>Fruit                                                                   |
| Chicken Alfredo <b>9</b><br>Garlic Bread<br>Green Beans<br>Juice<br>Fruit                 | <b>10</b>                                              | <b>11</b> | Scalloped Potatoes <b>12</b><br>with Ham<br>Steamed Broccoli<br>Dinner Roll<br>Juice<br>Fruit                                          | Sloppy Joe <b>13</b><br>Tater Tots<br>Coleslaw<br>Juice<br>Fruit                                                                                   |
| Grilled Chicken <b>16</b><br>Sandwich<br>French Fries<br>3-Bean Salad<br>Juice<br>Fruit   | <b>17</b>                                              | <b>18</b> | Beef Tips & Gravy <b>19</b><br>Mashed Potatoes<br>Steamed Carrots<br>Juice<br>Fruit                                                    | Turkey & Gravy <b>20</b><br>Mashed Potatoes<br>Green Beans<br>Juice<br>Fruit                                                                       |
| Mostaccioli <b>23</b><br>Meat Sauce<br>French Fries<br>Steamed Broccoli<br>Juice<br>Fruit | <b>24</b>                                              | <b>25</b> | <b>CLOSED 26</b><br>                               | <b>CLOSED 27</b><br>                                          |
| Beef & Bison Chili <b>30</b><br>Roasted Squash<br>Cornbread<br>Juice<br>Fruit             | <b>First Come First Served</b><br><i>Limited to 50</i> |           | <br><i>* Menu subject to change without notice</i> | <b>Suggested Contribution</b><br> <b>60+</b><br><b>\$3.00</b> |

# MILWAUKEE COUNTY SENIOR DINING

## KELLY

6100 S. Lake Drive



**(414) 481-9611 x4**



11:00 For In-Person Dining

# NOVEMBER



| Monday                                                                                                   | Tuesday                                                                                                                                            | Wednesday                                                                                                                                   | Thursday                                                                                                       | Friday                                                                                                                          |
|----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| <b>2</b><br>Spaghetti<br>Meat Sauce<br>Green & Wax Beans<br>Pea & Cheese Salad<br>Strawberry Applesauce  | <b>ELECTION DAY 3</b><br>Cheesy Rice & Ham<br>Brussels Sprouts<br>Diced Beets<br>3-Bean Salad<br>Brownie<br>♥ Fruit                                | <b>4</b><br>Asian Chicken Salad<br><i>Greens, Chicken, Almonds</i><br><i>Mandarin, Crispy Noodles</i><br>Sourdough Bread<br>Jello<br>Banana | <b>5</b><br>Chicken Chili<br>Southwest Vegetables<br>Corn O'Brien<br>Tortilla Chips<br>Melon Cup               | <b>6</b><br>Baked Fish<br>Parsley Potatoes<br>Glazed Carrots<br>Dinner Roll<br>Mixed Berries                                    |
| <b>9</b><br>Grilled Chicken<br>Kaiser Roll<br>Potato Wedges<br>Baked Beans<br>Ambrosia                   | <b>10</b><br>Breakfast Skillet<br><i>Egg, Sausage, Potato, Cheese</i><br>Sautéed Mushrooms<br>Spiced Peaches<br>🍊 Orange Juice<br>Blueberry Muffin | <b>11</b><br>Pork Stir-Fry<br>Veggie Fried Rice<br>Wisconsin Vegetables<br>Grapes<br>Fortune Cookie                                         | <b>12</b><br>Seafood Alfredo<br>Penne Pasta<br>Vegetable du Jour<br>Tossed Salad<br>Croutons<br>Seasonal Fruit | <b>13</b><br>Italian Sausage<br>Bun<br><i>Sautéed Peppers &amp; Onions</i><br>Baby Baker Potatoes<br>Capri Vegetables<br>Orange |
| <b>16</b><br>Baked Ham<br>Potato Casserole<br>Sautéed Spinach<br>Whole Grain Bread<br>Pineapple          | <b>17</b><br>Meatball Stroganoff<br>Buttered Egg Noodles<br>Garden Vegetables<br>Carrot Raisin Salad<br>Red Delicious Apple                        | <b>18</b><br>Taco Joe/Bun<br>Skillet Potatoes<br>Mexi-Corn<br>Tropical Fruit<br>Pudding<br>♥ Fruit                                          | <b>19</b><br>Smothered Chicken<br>Rice Pilaf<br>Calico Beans<br>🍏 Apple Juice<br>Mandarin Oranges              | <b>20</b><br>Beef Stew<br>Baked Potato<br>Braised Cabbage<br>Peaches<br>Fruited Bread/Muffin                                    |
| <b>23</b><br>Big Mac Casserole<br>Country Vegetables<br>Warm Fruit Compote<br>Dinner Roll<br>Fresh Fruit | <b>24</b><br>BBQ Pork Riblet<br>Sweet Potatoes<br>Roasted Cauliflower<br>Hawaiian Dinner Roll<br>Applesauce                                        | <b>25</b><br>Roast Turkey/Gravy<br>Mashed Potatoes<br>Green Bean Casserole<br>🍷 Cranberry Juice<br>Pumpkin Dessert<br>♥ Fruit               | <b>CLOSED 26</b><br><b>HAPPY THANKSGIVING</b><br>                                                              | <b>CLOSED 27</b><br>                                                                                                            |
| <b>30</b><br>Cheesy Tuna Bake<br>Steamed Broccoli<br>Winter Squash<br>Biscuit<br>Clementine              | <br><b>Reservations Required</b>                                                                                                                   | <p>✳ Menu subject to change without notice</p> <p><b>find us on facebook</b></p> <p>♥ = Healthier Dessert</p>                               |                                                                                                                |                                                                                                                                 |

**Suggested Contribution**



**60+**

**\$ 3.00**

# MILWAUKEE COUNTY SENIOR DINING

## MILWAUKEE COMMUNITY CROSSROADS

807 S. 14<sup>th</sup> Street



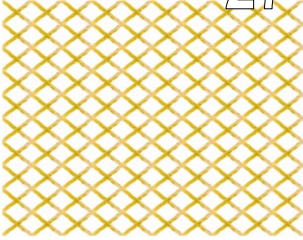
**(414) 902-5384**



11:30 for in-person dining

# NOVEMBER



| Monday                                                                                                        | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Wednesday                                                                                                | Thursday                                                                                                 | Friday                                                                                                    |
|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| Chili with Beef & Beans <b>2</b><br>Baked Potato<br>Cheddar, Sour Cream<br>Buttered Corn<br>Sherbet           | Tomatillo Chicken <b>3</b><br>Rice & Beans<br>Chayote<br>Tossed Salad<br>Strawberry Churro                                                                                                                                                                                                                                                                                                                                                                                                                           | Chicken Dumplings <b>4</b><br>Lo Mein Noodles<br>Rice<br>Steamed Vegetables<br>Mandarin Oranges          | Stir-Fry <b>5</b><br>w/Beef & Broccoli<br>Mushroom Soup<br>Rice<br>Red Bean Steam Bun<br>Cinnamon Apples | Chicken Patty <b>6</b><br>on Bun<br>Tater Tots<br>Green Beans<br>Lettuce & Tomato<br>Banana               |
| Roasted Pork Loin <b>9</b><br>Scalloped Potatoes<br>Wisconsin Vegetables<br>Dinner Roll<br>Ice Cream Sandwich | Fish Sticks <b>10</b><br>Rice<br>Brussels Sprouts<br>Potato Salad<br>Pineapple Tidbits                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>Brunch for Lunch 11</b><br>Scrambled Eggs<br>Sausage Links<br>Rice<br>Sautéed Mushrooms<br>Yogurt     | Chicken Wings <b>12</b><br>Opo Soup<br>Rice<br>Squash Medley<br>Fresh Fruit                              | Burger <b>13</b><br>w/Mushrooms & Swiss<br>Crinkle Fries<br>Pasta Salad<br>Coleslaw<br>Fruit Fluff        |
| Beef Stroganoff <b>16</b><br>Buttered Noodles<br>Squash Medley<br>Garlic Bread<br>Fruited Jello               | BBQ Chicken <b>17</b><br>Macaroni & Cheese<br>Green Beans<br>Dinner Roll<br>Spiced Peaches                                                                                                                                                                                                                                                                                                                                                                                                                           | Shrimp Stir-Fry <b>18</b><br>Napa Cabbage Soup<br>Rice<br>Strawberry Applesauce<br>Chocolate Chip Cookie | Baked Fish <b>19</b><br>Tofu Soup<br>Rice<br>Chayote<br>Fresh Grapes                                     | Bratwurst on Bun <b>20</b><br>Potato Salad<br>Rice<br>Broccoli<br>Diced Mango                             |
| Baked Ham <b>23</b><br>Petite Potatoes<br>Cabbage & Carrots<br>Dinner Roll<br>Oatmeal Cookie Pie              | Chicken Fajita <b>24</b><br>Rice<br>Street Corn<br>Garden Salad<br>Tortilla<br>Papaya                                                                                                                                                                                                                                                                                                                                                                                                                                | Roast Turkey <b>25</b><br>Mashed Potatoes<br>Stuffing<br>Carrot Medley<br>Birthday Cake                  | <b>CLOSED 26</b><br> | <b>CLOSED 27</b><br> |
| Chicken Drumstick <b>30</b><br>Mashed Potatoes<br>Gravy<br>Sweet Peas<br>Muffin<br>Diced Pears                | <div>  <div> <p>* Menu subject to change without notice</p>   <div> <p><b>Suggested Contribution</b></p>  <p><b>60+</b></p> <p><b>\$3.00</b></p> </div> </div> </div> |                                                                                                          |                                                                                                          |                                                                                                           |

# MILWAUKEE COUNTY SENIOR DINING

## MUSLIM COMMUNITY & HEALTH CENTER

803 W. Layton Avenue



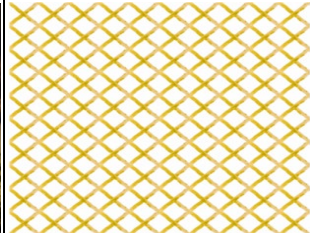
**(414) 552-3337**



*For Curbside Pickup*

# NOVEMBER



| Monday                                                                       | Tuesday                                                                             | Wednesday                                                                                                    | Thursday                                                                                                 | Friday                                                                                                                                                           |
|------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Grilled Chicken <b>2</b><br>Rice<br>Salad<br>Juice<br>Fruit                  | Butter Chicken <b>3</b><br>Rice<br>Salad<br>Naan<br>Juice<br>Fruit                  | Chicken Karahi <b>4</b><br>Rice<br>Mixed Vegetables<br>Butter Naan<br>Juice<br>Fruit                         | Shawarma Wrap <b>5</b><br>Fries<br>Salad<br>Juice<br>Fruit                                               | Fish Fry <b>6</b><br>Potato Wedges<br>Coleslaw<br>Bread<br>Juice<br>Fruit     |
| Shrimp <b>9</b><br>Fries<br>Okra<br>Salad<br>Juice<br>Fruit                  | Nihari <b>10</b><br>Rice<br>Naan<br>Juice<br>Fruit                                  | Chicken Tikka <b>11</b><br>Rice<br>Chana Masala<br>Butter Naan<br>Juice<br>Fruit                             | Chicken Quesadilla <b>12</b><br>Fries<br>Salad<br>Juice<br>Fruit                                         | Fish Fry <b>13</b><br>Potato Wedges<br>Coleslaw<br>Bread<br>Juice<br>Fruit  |
| Cheese Quesadilla <b>16</b><br>Fries<br>Salad<br>Juice<br>Fruit              | Chicken 65 <b>17</b><br>Rice<br>Malai Sauce<br>Butter Naan<br>Juice<br>Fruit        | Chicken Palak <b>18</b><br>Chana Masala<br>Naan<br>Juice<br>Fruit                                            | Grilled Chicken Wrap <b>19</b><br>Fries<br>Salad<br>Juice<br>Fruit                                       | Fish Fry <b>20</b><br>Potato Wedges<br>Coleslaw<br>Bread<br>Juice<br>Fruit  |
| Fried Chicken <b>23</b><br>Potato Wedges<br>Salad<br>Bread<br>Juice<br>Fruit | Chicken Boti <b>24</b><br>Plain Rice<br>Naan<br>Juice<br>Fruit                      | Chicken Biryani <b>25</b><br>Dal Fry<br>Butter Naan<br>Juice<br>Fruit                                        | <b>CLOSED 26</b><br> | <b>CLOSED 27</b><br>                                                        |
| Chicken Tacos <b>30</b><br>Soft Tortillas<br>Salad<br>Juice<br>Fruit         |  | <b>3-DAY NOTICE</b><br> |                     |                                                                                                                                                                  |

\* Menu subject to change without notice

# MILWAUKEE COUNTY SENIOR DINING

## UNITED COMMUNITY CENTER

730 W. Washington Street



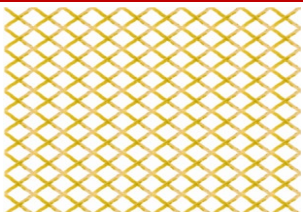
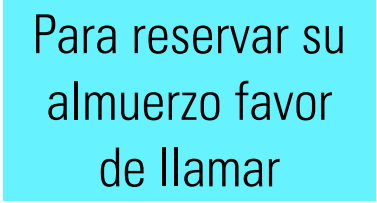
**(414) 649-2807**



12:00 for In-Person Dining

# NOVEMBER



| Monday                                                                                                                                | Tuesday                                                                                                                                 | Wednesday                                                                                                         | Thursday                                                                                                               | Friday                                                                                                         |
|---------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
| <b>2</b><br>Loaded Nachos w/Beef & Beans<br>Mixed Vegetables<br>Lettuce & Tomato<br>Tropical Fruit                                    | <b>ELECTION DAY 3</b><br>Ham & Cheese on Roll<br>Broccoli Soup<br>Lettuce & Tomato<br>Sun Chips<br>Chocolate Chip Cookie                | <b>4</b><br>Spaghetti & Meatballs<br>Carrot Coins<br>Salad/Italian Dressing<br>Garlic Bread<br>Sherbet            | <b>5</b><br>Lechon Asado<br>Puerto Rican Rice<br>Salad<br>Dinner Roll<br>Pineapple Tidbits                             | <b>6</b><br>Chicken Fricase<br>White Rice<br>Chef's Vegetables<br>Salad<br>Mandarin Oranges                    |
| <b>9</b><br>Barbacoa<br>Mexican Rice<br>Mexican Beans<br>Corn Tortilla<br>Fruited Jell-O                                              | <b>10</b><br>Loaded Baked Potato<br><i>Ground Beef, Cheese<br/>Lettuce, Tomato, Onion<br/>Bacon, Sour Cream</i><br>Corn<br>Fresh Orange | <b>11</b><br>Chicken Enchilada<br>Green Sauce<br>Primavera Rice<br>Lettuce, Tomato<br>Apple Juice<br>Sugar Cookie | <b>12</b><br>Tuna Salad w/Celery & Corn<br>Vegetable Soup<br>Lettuce & Tomato<br>Bread<br>Pudding                      | <b>13</b><br>Chicken Patty<br>Lettuce & Tomato<br>Chipotle Mayo<br>Oven Potatoes<br>Mixed Berries<br>Ice Cream |
| <b>16</b><br>Mexican Chicken Soup<br><i>Chayote, Potato, Corn &amp; Zucchini</i><br>Mexican Rice<br>Corn Tortilla<br>Chilled Apricots | <b>17</b><br>Pork & Salsa Verde<br>Brown Rice<br>Mixed Vegetables<br>Salad<br>Flour Tortilla<br>Apple                                   | <b>18</b><br>BBQ Chicken<br>Buttered Penne Pasta<br>Spinach Salad<br>Cornbread<br>Orange Juice<br>Mixed Fruit     | <b>19</b><br>Cheeseburger<br><i>Lettuce, Tomato, Onion</i><br>Potato Soup<br>Grape Juice<br>Birthday Cake<br>Ice Cream | <b>20</b><br>Chicken Fajita<br>Mexican Rice<br>Charro Beans<br>Corn Tortilla<br>Peaches                        |
| <b>23</b><br>Beef Quesadilla<br>Beef Soup<br>Steamed Broccoli<br>Pineapple Juice<br>Applesauce                                        | <b>24</b><br>Tuna Salad w/Onion, Tomato, Cilantro<br>Enchilada Soup<br>Tostada<br>Sliced Pears                                          | <b>25</b><br>Turkey & Gravy<br>Mashed Potatoes<br>Primavera Rice<br>Side Salad<br>Dinner Roll<br>Pumpkin Pie      | <b>CLOSED 26</b><br>               | <b>CLOSED 27</b><br>      |
| <b>30</b><br>Cheese Enchilada<br>Red Sauce<br>Spinach Rice<br>Peas<br>Lettuce & Tomato<br>Watermelon                                  |                                                      |                               |                                   |                           |

# MILWAUKEE COUNTY SENIOR DINING

## WASHINGTON PARK

4420 W. Vliet Street



**(414) 933-2332**



11:30 for In-Person Dining

# NOVEMBER



| Monday                                                                                                   | Tuesday                                                                                                                                            | Wednesday                                                                                                                                   | Thursday                                                                                                       | Friday                                                                                                                          |
|----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| <b>2</b><br>Spaghetti<br>Meat Sauce<br>Green & Wax Beans<br>Pea & Cheese Salad<br>Strawberry Applesauce  | <b>ELECTION DAY 3</b><br>Cheesy Rice & Ham<br>Brussels Sprouts<br>Diced Beets<br>3-Bean Salad<br>Brownie<br>🍷 Fruit                                | <b>4</b><br>Asian Chicken Salad<br><i>Greens, Chicken, Almonds</i><br><i>Mandarin, Crispy Noodles</i><br>Sourdough Bread<br>Jello<br>Banana | <b>5</b><br>Chicken Chili<br>Southwest Vegetables<br>Corn O'Brien<br>Tortilla Chips<br>Melon Cup               | <b>6</b><br>Baked Fish<br>Parsley Potatoes<br>Glazed Carrots<br>Dinner Roll<br>Mixed Berries                                    |
| <b>9</b><br>Grilled Chicken<br>Kaiser Roll<br>Potato Wedges<br>Baked Beans<br>Ambrosia                   | <b>10</b><br>Breakfast Skillet<br><i>Egg, Sausage, Potato, Cheese</i><br>Sautéed Mushrooms<br>Spiced Peaches<br>🍊 Orange Juice<br>Blueberry Muffin | <b>11</b><br>Pork Stir-Fry<br>Veggie Fried Rice<br>Wisconsin Vegetables<br>Grapes<br>Fortune Cookie                                         | <b>12</b><br>Seafood Alfredo<br>Penne Pasta<br>Vegetable du Jour<br>Tossed Salad<br>Croutons<br>Seasonal Fruit | <b>13</b><br>Italian Sausage<br>Bun<br><i>Sautéed Peppers &amp; Onions</i><br>Baby Baker Potatoes<br>Capri Vegetables<br>Orange |
| <b>16</b><br>Baked Ham<br>Potato Casserole<br>Sautéed Spinach<br>Whole Grain Bread<br>Pineapple          | <b>17</b><br>Meatball Stroganoff<br>Buttered Egg Noodles<br>Garden Vegetables<br>Carrot Raisin Salad<br>Red Delicious Apple                        | <b>18</b><br>Taco Joe/Bun<br>Skillet Potatoes<br>Mexi-Corn<br>Tropical Fruit<br>Pudding<br>🍷 Fruit                                          | <b>19</b><br>Smothered Chicken<br>Rice Pilaf<br>Calico Beans<br>🍏 Apple Juice<br>Mandarin Oranges              | <b>20</b><br>Beef Stew<br>Baked Potato<br>Braised Cabbage<br>Peaches<br>Fruited Bread/Muffin                                    |
| <b>23</b><br>Big Mac Casserole<br>Country Vegetables<br>Warm Fruit Compote<br>Dinner Roll<br>Fresh Fruit | <b>24</b><br>BBQ Pork Riblet<br>Sweet Potatoes<br>Roasted Cauliflower<br>Hawaiian Dinner Roll<br>Applesauce                                        | <b>25</b><br>Roast Turkey/Gravy<br>Mashed Potatoes<br>Green Bean Casserole<br>🍷 Cranberry Juice<br>Pumpkin Dessert<br>🍷 Fruit               | <b>CLOSED 26</b><br>                                                                                           | <b>CLOSED 27</b><br>                                                                                                            |
| <b>30</b><br>Cheesy Tuna Bake<br>Steamed Broccoli<br>Winter Squash<br>Biscuit<br>Clementine              |                                                                                                                                                    | * Menu subject to change without notice<br><br>= Healthier Dessert                                                                          |                                                                                                                |                                                                                                                                 |

**Suggested Contribution**



**60+**

**\$ 3.00**

# MILWAUKEE COUNTY SENIOR DINING

## WEST ALLIS

7001 W. National Avenue



**(414) 302-8703**

11:00 For In-Person Dining



# NOVEMBER

| Monday                                                                                      | Tuesday                                                                                                                             | Wednesday                                                                                                                       | Thursday                                                                                          | Friday                                                                                                             |
|---------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| 2                                                                                           | <b>ELECTION DAY</b> 3                                                                                                               | 4                                                                                                                               | 5                                                                                                 | 6                                                                                                                  |
| <b>Dining Site Closure<br/>Plan Ahead</b>                                                   |                                                                                                                                     | Asian Chicken Salad<br><i>Greens, Chicken, Almonds</i><br><i>Mandarin, Crispy Noodles</i><br>Sourdough Bread<br>Jello<br>Banana | Chicken Chili<br>Southwest Vegetables<br>Corn O'Brien<br>Tortilla Chips<br>Melon Cup              | Baked Fish<br>Parsley Potatoes<br>Glazed Carrots<br>Dinner Roll<br>Mixed Berries                                   |
| 9                                                                                           | 10                                                                                                                                  | 11                                                                                                                              | 12                                                                                                | 13                                                                                                                 |
| Grilled Chicken<br>Kaiser Roll<br>Potato Wedges<br>Baked Beans<br>Ambrosia                  | Breakfast Skillet<br><i>Egg, Sausage, Potato, Cheese</i><br>Sautéed Mushrooms<br>Spiced Peaches<br>Orange Juice<br>Blueberry Muffin | Pork Stir-Fry<br>Veggie Fried Rice<br>Wisconsin Vegetables<br>Grapes<br>Fortune Cookie                                          | Seafood Alfredo<br>Penne Pasta<br>Vegetable du Jour<br>Tossed Salad<br>Croutons<br>Seasonal Fruit | Italian Sausage<br>Bun<br><i>Sautéed Peppers &amp; Onions</i><br>Baby Baker Potatoes<br>Capri Vegetables<br>Orange |
| 16                                                                                          | 17                                                                                                                                  | 18                                                                                                                              | 19                                                                                                | 20                                                                                                                 |
| Baked Ham<br>Potato Casserole<br>Sautéed Spinach<br>Whole Grain Bread<br>Pineapple          | Meatball Stroganoff<br>Buttered Egg Noodles<br>Garden Vegetables<br>Carrot Raisin Salad<br>Red Delicious Apple                      | Taco Joe/Bun<br>Skillet Potatoes<br>Mexi-Corn<br>Tropical Fruit<br>Pudding<br>Fruit                                             | Smothered Chicken<br>Rice Pilaf<br>Calico Beans<br>Apple Juice<br>Mandarin Oranges                | Beef Stew<br>Baked Potato<br>Braised Cabbage<br>Peaches<br>Fruited Bread/Muffin                                    |
| 23                                                                                          | 24                                                                                                                                  | 25                                                                                                                              | <b>CLOSED</b> 26                                                                                  | <b>CLOSED</b> 27                                                                                                   |
| Big Mac Casserole<br>Country Vegetables<br>Warm Fruit Compote<br>Dinner Roll<br>Fresh Fruit | BBQ Pork Riblet<br>Sweet Potatoes<br>Roasted Cauliflower<br>Hawaiian Dinner Roll<br>Applesauce                                      | Roast Turkey/Gravy<br>Mashed Potatoes<br>Green Bean Casserole<br>Cranberry Juice<br>Pumpkin Dessert<br>Fruit                    | <b>HAPPY<br/>THANKSGIVING</b>                                                                     |                                                                                                                    |
| 30                                                                                          | <b>Reservations<br/>Required</b>                                                                                                    |                                                                                                                                 |                                                                                                   | <b>Suggested<br/>Contribution</b><br><b>\$ 3.00</b>                                                                |

\* Menu subject to change without notice

find us on **facebook**



= Healthier Dessert

# MILWAUKEE COUNTY SENIOR DINING

## WILSON PARK

2601 W. Howard Avenue



**(414) 282-3284**

11:30 for In-Person Dining



# NOVEMBER



| Monday                                                                                                   | Tuesday                                                                                                                                            | Wednesday                                                                                                                                   | Thursday                                                                                                       | Friday                                                                                                                          |
|----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| <b>2</b><br>Spaghetti<br>Meat Sauce<br>Green & Wax Beans<br>Pea & Cheese Salad<br>Strawberry Applesauce  | <b>ELECTION DAY 3</b><br>Cheesy Rice & Ham<br>Brussels Sprouts<br>Diced Beets<br>3-Bean Salad<br>Brownie<br>🍎 Fruit                                | <b>4</b><br>Asian Chicken Salad<br><i>Greens, Chicken, Almonds</i><br><i>Mandarin, Crispy Noodles</i><br>Sourdough Bread<br>Jello<br>Banana | <b>5</b><br>Chicken Chili<br>Southwest Vegetables<br>Corn O'Brien<br>Tortilla Chips<br>Melon Cup               | <b>6</b><br>Baked Fish<br>Parsley Potatoes<br>Glazed Carrots<br>Dinner Roll<br>Mixed Berries                                    |
| <b>9</b><br>Grilled Chicken<br>Kaiser Roll<br>Potato Wedges<br>Baked Beans<br>Ambrosia                   | <b>10</b><br>Breakfast Skillet<br><i>Egg, Sausage, Potato, Cheese</i><br>Sautéed Mushrooms<br>Spiced Peaches<br>🍊 Orange Juice<br>Blueberry Muffin | <b>11</b><br>Pork Stir-Fry<br>Veggie Fried Rice<br>Wisconsin Vegetables<br>Grapes<br>Fortune Cookie                                         | <b>12</b><br>Seafood Alfredo<br>Penne Pasta<br>Vegetable du Jour<br>Tossed Salad<br>Croutons<br>Seasonal Fruit | <b>13</b><br>Italian Sausage<br>Bun<br><i>Sautéed Peppers &amp; Onions</i><br>Baby Baker Potatoes<br>Capri Vegetables<br>Orange |
| <b>16</b><br>Baked Ham<br>Potato Casserole<br>Sautéed Spinach<br>Whole Grain Bread<br>Pineapple          | <b>17</b><br>Meatball Stroganoff<br>Buttered Egg Noodles<br>Garden Vegetables<br>Carrot Raisin Salad<br>Red Delicious Apple                        | <b>18</b><br>Taco Joe/Bun<br>Skillet Potatoes<br>Mexi-Corn<br>Tropical Fruit<br>Pudding<br>🍎 Fruit                                          | <b>19</b><br>Smothered Chicken<br>Rice Pilaf<br>Calico Beans<br>🍏 Apple Juice<br>Mandarin Oranges              | <b>20</b><br>Beef Stew<br>Baked Potato<br>Braised Cabbage<br>Peaches<br>Fruited Bread/Muffin                                    |
| <b>23</b><br>Big Mac Casserole<br>Country Vegetables<br>Warm Fruit Compote<br>Dinner Roll<br>Fresh Fruit | <b>24</b><br>BBQ Pork Riblet<br>Sweet Potatoes<br>Roasted Cauliflower<br>Hawaiian Dinner Roll<br>Applesauce                                        | <b>25</b><br>Roast Turkey/Gravy<br>Mashed Potatoes<br>Green Bean Casserole<br>🍷 Cranberry Juice<br>Pumpkin Dessert<br>🍎 Fruit               | <b>CLOSED 26</b><br>                                                                                           | <b>CLOSED 27</b><br>                                                                                                            |
| <b>30</b><br>Cheesy Tuna Bake<br>Steamed Broccoli<br>Winter Squash<br>Biscuit<br>Clementine              |                                                                                                                                                    |                                                                                                                                             |                                                                                                                | <b>Suggested Contribution</b><br><b>60+</b><br><b>\$ 3.00</b>                                                                   |

\* Menu subject to change without notice

find us on facebook



= Healthier Dessert

# 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. 27<sup>th</sup> 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](https://county.milwaukee.gov/aging)

✉ [SeniorDining@milwaukeecountywi.gov](mailto: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](https://county.milwaukee.gov/aging)



[SeniorDining@milwaukeecountywi.gov](mailto:SeniorDining@milwaukeecountywi.gov)



Senior Dining Office: 414-289-6995



MILWAUKEE COUNTY  
DEPARTMENT OF HEALTH  
& HUMAN SERVICES

**AGING & DISABILITIES  
SERVICES**

# Meals on Wheels

We are committed to helping older adults live healthier, more nourished lives, in their own homes.

The Meals on Wheels program supports and promotes independent living for homebound older adults through the delivery of a nutritious meal.

A suggested contribution is appreciated to offset the cost of the program.

Could you, or someone you know, benefit from having meals delivered? Call the Aging & Disability Resource Center to inquire: (414) 289-6874.

## To be eligible you must be:

- 60 or older
- A Milwaukee County resident
- Homebound
- Unable physically or cognitively to prepare your own meals



**Request a Referral: (414) 289-6874**



**Goodwill**  
Greater Milwaukee & Chicago



# MILWAUKEE COUNTY

## MEALS ON WHEELS



(414) 358-6527

# NOVEMBER



| Monday                                                                                                   | Tuesday                                                                                                                                                                                                                                                                                                            | Wednesday                                                                                                                                   | Thursday                                                                                                       | Friday                                                                                                                          |
|----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| <b>2</b><br>Spaghetti<br>Meat Sauce<br>Green & Wax Beans<br>Pea & Cheese Salad<br>Strawberry Applesauce  | <b>ELECTION DAY 3</b><br>Cheesy Rice & Ham<br>Brussels Sprouts<br>Diced Beets<br>3-Bean Salad<br>Brownie<br>❤️ Fruit                                                                                                                                                                                               | <b>4</b><br>Asian Chicken Salad<br><i>Greens, Chicken, Almonds</i><br><i>Mandarin, Crispy Noodles</i><br>Sourdough Bread<br>Jello<br>Banana | <b>5</b><br>Chicken Chili<br>Southwest Vegetables<br>Corn O'Brien<br>Tortilla Chips<br>Melon Cup               | <b>6</b><br>Baked Fish<br>Parsley Potatoes<br>Glazed Carrots<br>Dinner Roll<br>Mixed Berries                                    |
| <b>9</b><br>Grilled Chicken<br>Kaiser Roll<br>Potato Wedges<br>Baked Beans<br>Ambrosia                   | <b>10</b><br>Breakfast Skillet<br><i>Egg, Sausage, Potato, Cheese</i><br>Sautéed Mushrooms<br>Spiced Peaches<br>🍊 Orange Juice<br>Blueberry Muffin                                                                                                                                                                 | <b>11</b><br>Pork Stir-Fry<br>Veggie Fried Rice<br>Wisconsin Vegetables<br>Grapes<br>Fortune Cookie                                         | <b>12</b><br>Seafood Alfredo<br>Penne Pasta<br>Vegetable du Jour<br>Tossed Salad<br>Croutons<br>Seasonal Fruit | <b>13</b><br>Italian Sausage<br>Bun<br><i>Sautéed Peppers &amp; Onions</i><br>Baby Baker Potatoes<br>Capri Vegetables<br>Orange |
| <b>16</b><br>Baked Ham<br>Potato Casserole<br>Sautéed Spinach<br>Whole Grain Bread<br>Pineapple          | <b>17</b><br>Meatball Stroganoff<br>Buttered Egg Noodles<br>Garden Vegetables<br>Carrot Raisin Salad<br>Red Delicious Apple                                                                                                                                                                                        | <b>18</b><br>Taco Joe/Bun<br>Skillet Potatoes<br>Mexi-Corn<br>Tropical Fruit<br>Pudding<br>❤️ Fruit                                         | <b>19</b><br>Smothered Chicken<br>Rice Pilaf<br>Calico Beans<br>🍏 Apple Juice<br>Mandarin Oranges              | <b>20</b><br>Beef Stew<br>Baked Potato<br>Braised Cabbage<br>Peaches<br>Fruited Bread/Muffin                                    |
| <b>23</b><br>Big Mac Casserole<br>Country Vegetables<br>Warm Fruit Compote<br>Dinner Roll<br>Fresh Fruit | <b>24</b><br>BBQ Pork Riblet<br>Sweet Potatoes<br>Roasted Cauliflower<br>Hawaiian Dinner Roll<br>Applesauce                                                                                                                                                                                                        | <b>25</b><br>Roast Turkey/Gravy<br>Mashed Potatoes<br>Green Bean Casserole<br>🍷 Cranberry Juice<br>Pumpkin Dessert<br>❤️ Fruit              | <b>CLOSED 26</b><br>                                                                                           | <b>CLOSED 27</b><br>                                                                                                            |
| <b>30</b><br>Cheesy Tuna Bake<br>Steamed Broccoli<br>Winter Squash<br>Biscuit<br>Clementine              | <div> <b>Goodwill</b><br/>                     Greater Milwaukee &amp; Chicago<br/> <b>MEALS ON WHEELS</b> </div> <div> </div> <div> <b>\$4.00</b><br/>                     SUGGESTED CONTRIBUTION                 </div> <div>                     * Menu subject to change without notice                 </div> |                                                                                                                                             |                                                                                                                |                                                                                                                                 |

❤️ = DIABETIC DESSERT

# MILWAUKEE COUNTY

## MEALS ON WHEELS

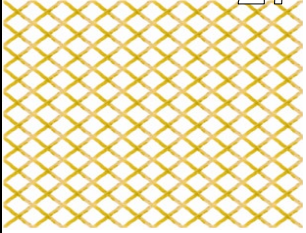


(414) 358-6527



## NOVIEMBRE



| Lunes                                                                                                              | Martes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Miércoles                                                                                                                           | Jueves                                                                                                              | Viernes                                                                                                                     |
|--------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| <b>2</b><br>Espaguetis<br>Salsa de carne<br>Judías verdes y de cera<br>Ensalada de Guisantes<br>Compota de manzana | <b>3</b><br><b>Elección</b><br>Arroz con queso y jamón<br>Coles de Bruselas<br>Remolachas<br>Ensalada de 3 alubias<br>Brownie<br>🍎 Fruta                                                                                                                                                                                                                                                                                                                                                                    | <b>4</b><br>Ensalada asiática<br>de pollo<br>Pan de masa madre<br>Gelatina<br>Plátano                                               | <b>5</b><br>Pollo con chili<br>Verduras del Suroeste<br>Corn O'Brien<br>Chips de tortilla<br>Melón                  | <b>6</b><br>Pescado al horno<br>Patatas con perejil<br>Zanahorias glaseadas<br>Panecillo<br>Frutos rojos mixtos             |
| <b>9</b><br>Pollo a la parrilla<br>Kaiser Roll<br>Cuñas de patata<br>Alubias al horno<br>Ambrosia                  | <b>10</b><br><b>Sartén de Desayuno</b><br><i>Huevo, Salchicha, Patat, Queso</i><br>Setas salteadas<br>Melocotones especiados<br>🍊 Zumo de naranja<br>Magdalena de arándanos                                                                                                                                                                                                                                                                                                                                 | <b>11</b><br>Salteado de cerdo<br>Arroz frito con verduras<br>Verduras de Wisconsin<br>Uvas<br>Galleta de la Fortuna                | <b>12</b><br>Mariscos Alfredo<br>Pasta de pene<br>Verdura del día<br>Ensalada mixta<br>Crutones<br>Fruta            | <b>13</b><br>Salchicha italiana<br>en pan<br><i>pimientos y cebollas</i><br>Patatas Baby Baker<br>Verduras Capri<br>Naranja |
| <b>16</b><br>Jamón y horno<br>Cazuela de patata<br>Espinacas salteadas<br>Pan integral<br>Piña                     | <b>17</b><br>Stroganoff<br>de Albóndigas<br>Fideos de huevo<br>Vegetales de jardín<br>Ensalada de zanahoria<br>Manzana Roja Deliciosa                                                                                                                                                                                                                                                                                                                                                                       | <b>18</b><br>Taco Joe/Bun<br>Patatas en sartén<br>Mexi-Corn<br>Fruta tropical<br>Pudin<br>🍎 Fruta                                   | <b>19</b><br>Pollo cubierto<br>Arroz Pilaf<br>Frijoles de calicó<br>🍏 Zumo de manzana<br>Mandarinas                 | <b>20</b><br>Estofado de ternera<br>Patata Asada<br>Col estofada<br>Melocotones<br>Magdalena de Fruta                       |
| <b>23</b><br>Cazuela Big Mac<br>Verduras rurales<br>Compota de frutas<br>Panecillo<br>Fruta fresca                 | <b>24</b><br>Costilla de cerdo<br>a la barbacoa<br>Batatas<br>Coliflor asada<br>Panecillo hawaiano<br>Compota de manzana                                                                                                                                                                                                                                                                                                                                                                                    | <b>25</b><br>Pavo asado/salsa<br>Puré de patatas<br>Cazuela de judías verdes<br>🍇 Zumo de arándano<br>Postre de calabaza<br>🍎 Fruta | <b>26</b><br><b>CERRADO</b><br> | <b>27</b><br><b>CERRADO</b><br>        |
| <b>30</b><br>Cazuela de atún<br>Brócoli al vapor<br>Calabaza<br>Biscuit<br>Clementine                              | <div>  <b>Goodwill</b><br/>           Greater Milwaukee &amp; Chicago<br/> <b>MEALS ON WHEELS</b><br/>           ❄️ Menú sujeto a cambios         </div> <div>  </div> <div>  <b>\$4.00</b><br/>           Contribución Sugerida         </div> |                                                                                                                                     |                                                                                                                     |                                                                                                                             |

🍎 = Postre diabético



2026 Member

# SUPPORT MEALS ON WHEELS

## *in Milwaukee County*

For homebound older adults in Milwaukee County, Meals on Wheels is a valuable service designed to combat senior hunger and isolation.



DAILY  
NUTRITION



HUMAN  
CONNECTION



WELLNESS  
CHECK



NUTRITION  
EDUCATION

## Consider



\$12.00 = 3 senior meals  
\$24.00 = 6 senior meals  
\$48.00 = 12 senior meals  
\$60.00 = 15 senior meals

☀ **ANY** donation amount  
**makes a difference.**

## Donate



**Milwaukee County Senior Meals**  
1230 W. Cherry Street  
Milwaukee, WI 53205



[county.milwaukee.gov/aging](https://county.milwaukee.gov/aging)



[SeniorDining@milwaukeecountywi.gov](mailto:SeniorDining@milwaukeecountywi.gov)



(414) 289-6995

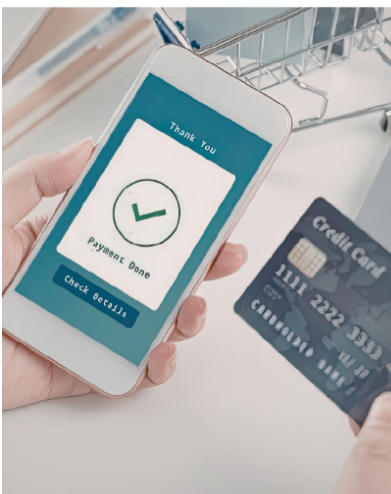
# Milwaukee County Area Agency on Aging

## 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](https://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 | rhubarb      |
| pomegranates    | strawberries |
| radicchio       | tomatoes     |
| red radishes    | watermelons  |

**EAT SMART. LIVE MORE. BE WELL.**

[heart.org/HealthyForGood](https://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             |

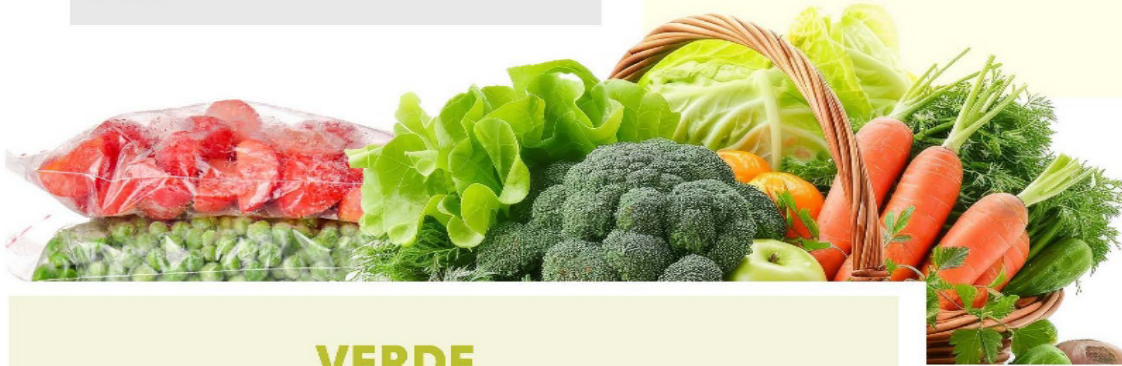
La mejor manera de obtener todas las vitaminas, minerales y nutrientes que necesitas es comer una variedad de frutas y verduras de distintos colores. Todas las formas de frutas y verduras (frescas, congeladas, enlatadas y deshidratadas) pueden formar parte de una dieta saludable para el corazón. Elige 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](http://heart.org/HealthyForGood) (sitio web en inglés)

© Derechos de autor 2025 American Heart Association, Inc., una organización sin fines de lucro 501(c)(3). Todos los derechos reservados. Healthy for Good es una marca comercial de la AHA. Se prohíbe el uso no autorizado. WF 903083 5/25



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

**\$ 2026 INCOME**



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   | <input type="checkbox"/> Friend/Family<br><input type="checkbox"/> Facebook<br><input type="checkbox"/> Health Provider<br><input type="checkbox"/> Newspaper<br><input type="checkbox"/> Internet Search<br><input type="checkbox"/> Radio/TV<br><input type="checkbox"/> US Mail<br><input type="checkbox"/> Church<br><input type="checkbox"/> Senior Center<br><input type="checkbox"/> Other | <b>What makes you eligible?</b><br>→ If under 60 Select One:<br><input type="checkbox"/> Active Dining Volunteer<br><input type="checkbox"/> Spouse of Active Diner<br><input type="checkbox"/> 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: |     | <b>OFFICE USE</b><br><input type="checkbox"/> Received _____<br><input type="checkbox"/> Diner Card<br><input type="checkbox"/> Diner Handbook<br><input type="checkbox"/> Data Entry _____<br><input type="checkbox"/> 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?

|                                            |       |   |
|--------------------------------------------|-------|---|
| <input type="checkbox"/> 2-13 pounds       | Score | 1 |
| <input type="checkbox"/> 14-23 pounds      | Score | 2 |
| <input type="checkbox"/> 24-33 pounds      | Score | 3 |
| <input type="checkbox"/> 34 pounds or more | Score | 4 |
| <input type="checkbox"/> 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.





# MILWAUKEE COUNTY SENIOR DINING

## CARRYOUT REGISTRATION

☐ NEW☐ Annual Renewal

Site: MCHC

Date

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

|                       |                                                                             |                                                          |
|-----------------------|-----------------------------------------------------------------------------|----------------------------------------------------------|
| <b>\$ 2026 INCOME</b> | For one-person household, income is below \$1,330/month (\$15,960 annually) | <input type="checkbox"/> No <input type="checkbox"/> Yes |
|                       | For two-person household, income is below \$1,803/month (\$21,640 annually) | <input type="checkbox"/> No <input type="checkbox"/> Yes |

**FUNCTIONAL SCREEN** ✓ Select if client needs substantial assistance, verbal reminders, physical prompts or supervision. If none, enter 0 for Total

**Activities of Daily Living (ADL's)**

|                                                                                        |
|----------------------------------------------------------------------------------------|
| <input type="checkbox"/> Bathing: Gets in/out of Bath/Shower; Safely washes/dries self |
| <input type="checkbox"/> Dressing: Dresses & undresses safely                          |
| <input type="checkbox"/> Toileting: Uses toilet & cleans self                          |
| <input type="checkbox"/> Transferring: Moves in and out of bed or chair                |
| <input type="checkbox"/> Feeding: Uses utensils & eats independently                   |
| <input type="checkbox"/> Continence: Exercises complete self-control                   |

☐ ADL TOTAL

**Instrumental Activities of Daily Living (IADLs)**

|                                                                               |
|-------------------------------------------------------------------------------|
| <input type="checkbox"/> Plans, prepares & eats adequate meals independently  |
| <input type="checkbox"/> Takes care of shopping needs independently           |
| <input type="checkbox"/> Takes medications in correct dosages at proper times |
| <input type="checkbox"/> Handles financial matters & day-to-day purchases     |
| <input type="checkbox"/> Participates in housekeeping tasks                   |
| <input type="checkbox"/> Launders items independently                         |
| <input type="checkbox"/> Travels unassisted via personal vehicle, bus, taxi   |
| <input type="checkbox"/> Dials and answers the telephone                      |

☐ IADL TOTAL

| NUTRITION SCREEN                          |                                                              | Circle the corresponding number |   | No                          | Yes |
|-------------------------------------------|--------------------------------------------------------------|---------------------------------|---|-----------------------------|-----|
| 1                                         | A condition or illness changes the kind/amount of food I eat | 0                               | 2 |                             |     |
| 2                                         | Eats fewer than 2 meals each day                             | 0                               | 3 |                             |     |
| 3                                         | Eats few fruits, vegetables or milk products                 | 0                               | 2 |                             |     |
| 4                                         | Has 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                                         | Doesn't always have enough money to buy the food I need      | 0                               | 4 |                             |     |
| 7                                         | Eats alone most of the time                                  | 0                               | 1 |                             |     |
| 8                                         | Takes 3+ prescribed/over-the-counter medications a day       | 0                               | 1 |                             |     |
| 9                                         | Has lost/gained 10 pounds in last 6 months (not on purpose)  | 0                               | 2 |                             |     |
| 10                                        | Not always physically able to shop, cook or feed self        | 0                               | 2 |                             |     |
| Scale: 0-2 = Low 3-5 = Moderate 6+ = High |                                                              |                                 |   | <b>Total Nutrition Risk</b> |     |

|                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>How did you hear about us?</b><br><input type="checkbox"/> Friend/Family<br><input type="checkbox"/> Facebook<br><input type="checkbox"/> Health Provider<br><input type="checkbox"/> Newspaper<br><input type="checkbox"/> Internet Search<br><input type="checkbox"/> Radio/TV<br><input type="checkbox"/> US Mail<br><input type="checkbox"/> Church<br><input type="checkbox"/> Senior Center<br><input type="checkbox"/> Other | <b>Under 60?</b><br><b>What makes you eligible?</b><br>→ If under 60 Select One:<br><input type="checkbox"/> Dedicated Dining Volunteer<br><input type="checkbox"/> Spouse of Active Diner<br><input type="checkbox"/> Adult w/Disability lives & dines w/Active Diner<br><b>OFFICE USE</b><br><input type="checkbox"/> Received _____<br><input type="checkbox"/> Diner Card<br><input type="checkbox"/> Diner Handbook<br><input type="checkbox"/> Data Entry _____<br><input type="checkbox"/> 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.

Effective: 9.15.26

# MILWAUKEE COUNTY SENIOR DINING

## CARRYOUT 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?

|                                            |       |   |
|--------------------------------------------|-------|---|
| <input type="checkbox"/> 2-13 pounds       | Score | 1 |
| <input type="checkbox"/> 14-23 pounds      | Score | 2 |
| <input type="checkbox"/> 24-33 pounds      | Score | 3 |
| <input type="checkbox"/> 34 pounds or more | Score | 4 |
| <input type="checkbox"/> 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.

