

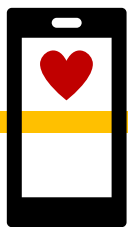
MILWAUKEE COUNTY SENIOR DINING

WHERE SENIORS **LOVE** TO LUNCH



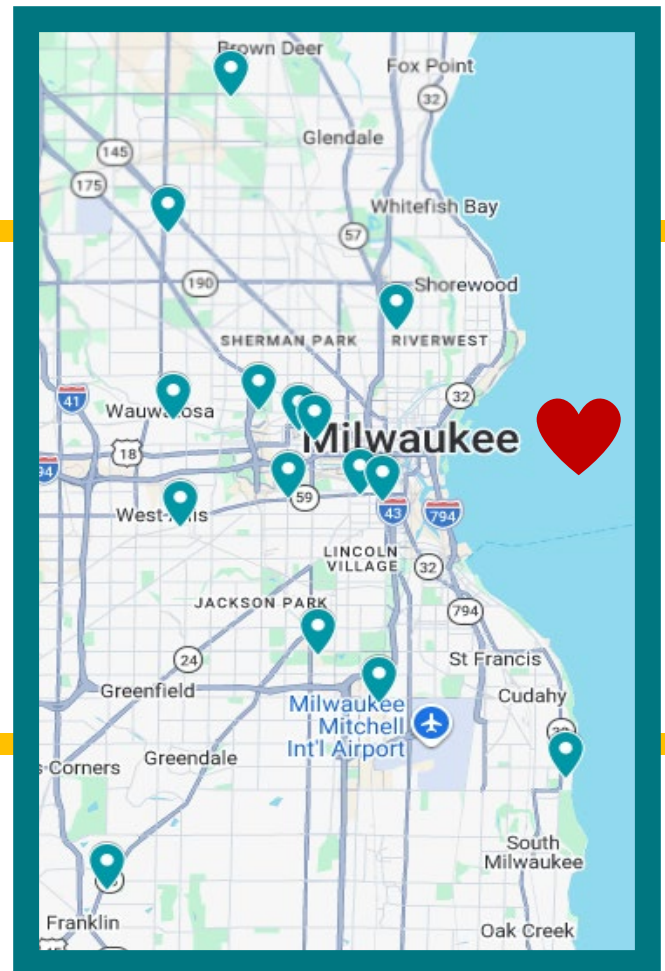
Join Us!

- 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**

ADRC
Aging and Disability Resource Center
of Milwaukee County

414-289-6874

MILWAUKEE COUNTY SENIOR DINING

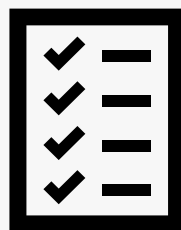
We invite you to explore your options with our ever-changing lineup.
Please Call your preferred site for critical updates, reservations
and specific service information.

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

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

KEY

-  In-Person Dining
-  Grab & Go
-  Closed



Getting Started:

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



10/1/2026

MILWAUKEE COUNTY SENIOR DINING

EXPLORE



Become a **Senior Diner!**



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

MILWAUKEE COUNTY SENIOR DINING

Background

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

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

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

WHO?



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

- No income limits
- No residency restrictions

WHY?



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

WHAT?



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

WHEN?



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

WHERE?



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

HOW?



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

COST?



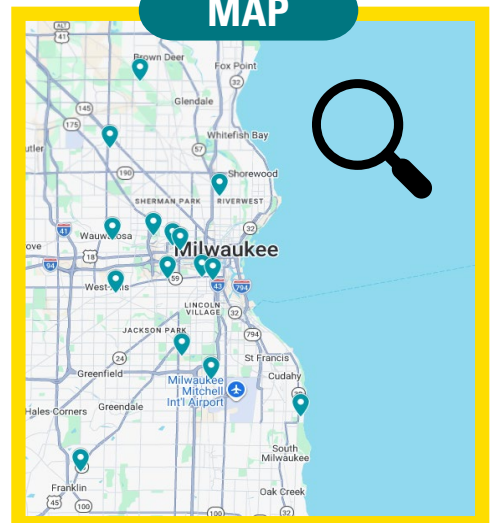
\$3.00 Suggested Contribution



GUEST: \$8.00

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

MAP



MILWAUKEE COUNTY SENIOR DINING

Have you heard about this?



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

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

Participation Details

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



MILWAUKEE COUNTY SENIOR DINING

¿Ya se enteró de esto?



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

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

Información Para Participar

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





Training Day Closure



Sorry We Are
CLOSED

Tuesday
October 20, 2026



MILWAUKEE COUNTY SENIOR DINING



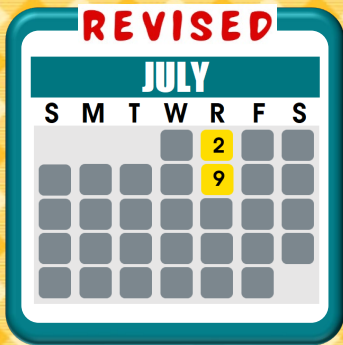
MILWAUKEE COUNTY SENIOR DINING



FOOD TRUCK THURSDAYS

REVISION IN PROGRESS

2026 Schedule



For anyone 60+
On-site Registration Available



Muslim Community & Health Center
803 W. Layton Avenue Milwaukee 53221



11:00am - 1:00pm

**Suggested
Contribution**



60+

\$ 3.00

Weather Permitting



**MILWAUKEE
COUNTY**



**Follow us on
facebook**

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

OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
Reservations Required <i>* Menu subject to change without notice</i> find us on facebook = Healthier Dessert Suggested Contribution 60+ \$3.00				
Hot Turkey on Bun 5 Mashed Potatoes/Gravy Brussels Sprouts 🍷Cranberry Juice Apple Crumble 🍷Fruit	Baked Fish 6 Dill Sauce Baby Potatoes Green & Wax Beans Marble Rye Bread Rosy Pears	Baked Ziti 7 Peas & Pearl Onions Spiced Peaches Fruited Yogurt Clementine	BBQ Pulled Pork/Bun 1 Vegetable Pasta Sweet Corn 🍷Grape Juice Pineapple	Meatloaf & Gravy 2 Smashed Red Potatoes Wisconsin Vegetables Spinach Salad Nutri Grain Bar
Pork Riblet 12 Sweet Potatoes Braised Cabbage 🍷Orange Juice Blueberry Muffin	Sloppy Joe 13 Bun Potatoes O'Brien Peas & Carrots Yellow Apple	Chicken Gyro Salad 14 <i>Chicken, Lettuce, Onion Tzatziki</i> French Bread 🍷Juice Melon	Chicken Enchilada 8 Spanish Rice Southwest Vegetables Garden Salad Baker's Choice 🍷Fruit	Hot Dog 9 Bun American Potatoes Baked Beans Raspberry Applesauce
Meatballs & Gravy 19 Buttered Egg Noodles Green Beans Shredded Carrot Salad Jello with Fruit	CLOSED 20 	Chicken à la King 21 Steamed Vegetables Biscuit 🍷Juice Fruit Cocktail	Pizza Casserole 15 Grilled Vegetables Cinnamon Apples 🍷Fruit Punch Chocolate Mousse	Tuna Sub Sandwich 16 Chips Broccoli Slaw Pineapple Tidbits Rice Krispie Treat 🍷Fruit
Chicken Chop Suey 26 Rice Asian Style Vegetables Pineapple Fluff Fortune Cookie	Chicken Parmesan 27 Noodles & Sauce Sicilian Vegetables 🍷Grape Juice Chilled Pears	Baked Potato 28 Diced Ham Broccoli & Cheese Hawaiian Dinner Roll Tropical Fruit Mix	Pub Burger on Bun 22 Mushrooms & Swiss Tater Tots Bean Medley Oatmeal Raisin Cookie 🍷Raisins	Italian Meat Sauce 23 Penne Pasta Italian Vegetables Tossed Salad Oreos 🍷Fruit
			Beefy Mac & Cheese 29 Cauliflower Succotash Chilled Peaches Granola Bar	Filet-o-Fish 30 Bun Potato Wedges Peas Fresh Orange

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, Monday Prior

On-Site Registration available.



county.milwaukee.gov/aging

✉ 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

OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
Reservations Required <i>* Menu subject to change without notice</i> find us on facebook = Healthier Dessert Suggested Contribution \$3.00				
1 Hot Turkey on Bun Mashed Potatoes/Gravy Chef's Vegetables 🍷Cranberry Juice Apple Crumble ❤️Fruit	2 Fish & Dill Sauce Baby Potatoes Green & Wax Beans 🍏Apple Juice Lemon Bar ❤️Fruit	3 Lasagna Peas & Pearl Onions Carrot Salad Italian Bread Clementine	4 BBQ Pulled Pork/Bun Mac & Cheese Sweet Corn 🍇Grape Juice Pineapple	5 Meatloaf & Gravy Smashed Red Potatoes Wisconsin Vegetables Spinach Salad Nutri-Grain Bar
12 Pork Riblet Sweet Potatoes Braised Cabbage Dinner Roll Mandarin Oranges	13 Tuna Bake Steamed Vegetables Biscuit Cottage Cheese Peaches	14 Sloppy Joe/Bun Potato Salad Raw Vegetables String Cheese Ice Cream Cup ❤️Fruit	15 Broasted Chicken A. Dark Meat B. Light Meat Broasted Potatoes Collard Greens Dinner Roll Ambrosia	16 Sub Sandwich Chips Broccoli Slaw Grapes Rice Krispie Treat ❤️Fruit
19 Breakfast Sandwich <i>Eggs Cheese Sausage</i> Hashbrowns Sautéed Vegetables 🍅Tomato Juice Banana	20 CLOSED 	21 DINE@FIVE Chicken Parmesan Noodles & Sauce Sicilian Vegetables 🍇Grape Juice Chilled Pears	22 Taco Salad <i>Meat, Cheese, Lettuce</i> <i>Tomato, Onion, Taco Sauce</i> Tortilla Chips Fruited Yogurt Melon	23 Chicken à la King Texas Toast Diced Beets Black-Eyed Peas Oreos ❤️Fruit
26 Pork Chop Suey Rice Asian Style Vegetables Pineapple Fluff Fortune Cookie	27 A. Supreme Pizza B. Cheese Pizza Pasta Salad Garlic Breadstick Marinara Sauce Fresh Fruit Medley	28 Baked Potato Diced Ham Broccoli & Cheese Calico Beans Fresh Orange	29 Beefy Mac & Cheese Cauliflower Succotash Whole Grain Bread Fruit Cocktail	30 Hot Dog on Bun Potato Wedges Baked Beans Pickle Spear Orange Sherbet

MILWAUKEE COUNTY SENIOR DINING

FRANKLIN

9229 W. Loomis Road



(414) 427-7696



11:00 For In-Person Dining

OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
Reservations Required <i>* Menu subject to change without notice</i> find us on facebook = Healthier Dessert Suggested Contribution \$3.00				
Hot Turkey on Bun 5 Mashed Potatoes/Gravy Brussels Sprouts Cranberry Juice Apple Crumble Fruit	Baked Fish 6 Dill Sauce Baby Potatoes Green & Wax Beans Marble Rye Bread Rosy Pears	Baked Ziti 7 Peas & Pearl Onions Spiced Peaches Fruited Yogurt Clementine	BBQ Pulled Pork/Bun 1 Vegetable Pasta Sweet Corn Grape Juice Pineapple	Meatloaf & Gravy 2 Smashed Red Potatoes Wisconsin Vegetables Spinach Salad Nutri Grain Bar
Pork Riblet 12 Sweet Potatoes Braised Cabbage Orange Juice Blueberry Muffin	Sloppy Joe 13 Bun Potatoes O'Brien Peas & Carrots Yellow Apple	Chicken Gyro Salad 14 <i>Chicken, Lettuce, Onion</i> <i>Tzatziki</i> French Bread Juice Melon	Pizza Casserole 15 Grilled Vegetables Cinnamon Apples Fruit Punch Chocolate Mousse	Tuna Sub Sandwich 16 Chips Broccoli Slaw Pineapple Tidbits Rice Krispie Treat Fruit
Meatballs & Gravy 19 Buttered Egg Noodles Green Beans Shredded Carrot Salad Jello with Fruit	CLOSED 20 	Chicken à la King 21 Steamed Vegetables Biscuit Juice Fruit Cocktail	Pub Burger on Bun 22 Mushrooms & Swiss Tater Tots Bean Medley Oatmeal Raisin Cookie Raisins	Italian Meat Sauce 23 Penne Pasta Italian Vegetables Tossed Salad Oreos Fruit
Chicken Chop Suey 26 Rice Asian Style Vegetables Pineapple Fluff Fortune Cookie	Chicken Parmesan 27 Noodles & Sauce Sicilian Vegetables Grape Juice Chilled Pears	Baked Potato 28 Diced Ham Broccoli & Cheese Hawaiian Dinner Roll Tropical Fruit Mix	Beefy Mac & Cheese 29 Cauliflower Succotash Chilled Peaches Granola Bar	Filet-o-Fish 30 Bun Potato Wedges Peas Fresh Orange

MILWAUKEE COUNTY SENIOR DINING

HART PARK

7300 Chestnut Street



(414) 257-3534



11:00 For In-Person Dining

OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
Reservations Required <i>* Menu subject to change without notice</i> find us on facebook. = Healthier Dessert Suggested Contribution \$3.00				
Hot Turkey on Bun 5 Mashed Potatoes/Gravy Brussels Sprouts Cranberry Juice Apple Crumble Fruit	Baked Fish 6 Dill Sauce Baby Potatoes Green & Wax Beans Marble Rye Bread Rosy Pears	Baked Ziti 7 Peas & Pearl Onions Spiced Peaches Fruited Yogurt Clementine	BBQ Pulled Pork/Bun 1 Vegetable Pasta Sweet Corn Grape Juice Pineapple	Meatloaf & Gravy 2 Smashed Red Potatoes Wisconsin Vegetables Spinach Salad Nutri Grain Bar
Pork Riblet 12 Sweet Potatoes Braised Cabbage Orange Juice Blueberry Muffin	Sloppy Joe 13 Bun Potatoes O'Brien Peas & Carrots Yellow Apple	Chicken Gyro Salad 14 <i>Chicken, Lettuce, Onion</i> <i>Tzatziki</i> French Bread Juice Melon	Pizza Casserole 15 Grilled Vegetables Cinnamon Apples Fruit Punch Chocolate Mousse	Tuna Sub Sandwich 16 Chips Broccoli Slaw Pineapple Tidbits Rice Krispie Treat Fruit
Meatballs & Gravy 19 Buttered Egg Noodles Green Beans Shredded Carrot Salad Jello with Fruit	CLOSED 20 	Chicken à la King 21 Steamed Vegetables Biscuit Juice Fruit Cocktail	Pub Burger on Bun 22 Mushrooms & Swiss Tater Tots Bean Medley Oatmeal Raisin Cookie Raisins	Italian Meat Sauce 23 Penne Pasta Italian Vegetables Tossed Salad Oreos Fruit
Chicken Chop Suey 26 Rice Asian Style Vegetables Pineapple Fluff Fortune Cookie	Chicken Parmesan 27 Noodles & Sauce Sicilian Vegetables Grape Juice Chilled Pears	Baked Potato 28 Diced Ham Broccoli & Cheese Hawaiian Dinner Roll Tropical Fruit Mix	Beefy Mac & Cheese 29 Cauliflower Succotash Chilled Peaches Granola Bar	Filet-o-Fish 30 Bun Potato Wedges Peas Fresh Orange

MILWAUKEE COUNTY SENIOR DINING

INDIAN COUNCIL OF THE ELDERLY

944 N. 33rd Street

No Reservations



(414) 933-1401

11:00 for In-Person Dining

OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
First Come First Served <i>Limited to 50</i>		Suggested Contribution \$3.00 60+	1 Swedish Meatballs Mashed Potatoes Peas & Carrots Juice Fruit	2 Pork Fritter & Gravy Rice Pilaf Green Beans Juice Fruit
5 Pepper Steak Fried Rice Asian Vegetable Blend Juice Fruit	6	7	8 Breakfast Casserole Sausage Patty Tater Tots Juice Fruit	9 Chili Cheese Dog Tater Tots Coleslaw Juice Fruit
12 Chicken Alfredo Breadstick Green Beans Juice Fruit	13	14	15 Fried Chix Sandwich Sweet Potato Fries Steamed Broccoli Juice Fruit	16 Beef Stew Mashed Potatoes Mixed Vegetables Juice Fruit
19 Salisbury Steak Mashed Potatoes Corn Juice Fruit	20	21	22 Baked Cod Wild Rice Squash & Zucchini Juice Fruit	23 Beefy Mac & Tomatoes Steamed Broccoli Dinner Roll Juice Fruit
26 Chili Potato Boat Green Beans Juice Fruit	27	28	29 Chix Pot Pie Casserole Biscuit Peas & Carrots Juice Fruit	30 BBQ Pulled Pork Potato Wedges Coleslaw Juice Fruit

MILWAUKEE COUNTY SENIOR DINING

KELLY

6100 S. Lake Drive



(414) 481-9611 x 4



11:00 For In-Person Dining

OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
Reservations Required find us on facebook = Healthier Dessert Suggested Contribution \$3.00				
Hot Turkey on Bun 5 Mashed Potatoes/Gravy Brussels Sprouts 🍷Cranberry Juice Apple Crumble 🍷Fruit	Baked Fish 6 Dill Sauce Baby Potatoes Green & Wax Beans Marble Rye Bread Rosy Pears	Baked Ziti 7 Peas & Pearl Onions Spiced Peaches Fruited Yogurt Clementine	BBQ Pulled Pork/Bun 1 Vegetable Pasta Sweet Corn 🍇Grape Juice Pineapple	Meatloaf & Gravy 2 Smashed Red Potatoes Wisconsin Vegetables Spinach Salad Nutri Grain Bar
Pork Riblet 12 Sweet Potatoes Braised Cabbage 🍊Orange Juice Blueberry Muffin	Sloppy Joe 13 Bun Potatoes O'Brien Peas & Carrots Yellow Apple	Chicken Gyro Salad 14 <i>Chicken, Lettuce, Onion</i> <i>Tzatziki</i> French Bread 🍷Juice Melon	Pizza Casserole 15 Grilled Vegetables Cinnamon Apples 🍷Fruit Punch Chocolate Mousse	Tuna Sub Sandwich 16 Chips Broccoli Slaw Pineapple Tidbits Rice Krispie Treat 🍷Fruit
Meatballs & Gravy 19 Buttered Egg Noodles Green Beans Shredded Carrot Salad Jello with Fruit	CLOSED 20 	Chicken à la King 21 Steamed Vegetables Biscuit 🍷Juice Fruit Cocktail	Pub Burger on Bun 22 Mushrooms & Swiss Tater Tots Bean Medley Oatmeal Raisin Cookie 🍷Raisins	Italian Meat Sauce 23 Penne Pasta Italian Vegetables Tossed Salad Oreos 🍷Fruit
Chicken Chop Suey 26 Rice Asian Style Vegetables Pineapple Fluff Fortune Cookie	Chicken Parmesan 27 Noodles & Sauce Sicilian Vegetables 🍇Grape Juice Chilled Pears	Baked Potato 28 Diced Ham Broccoli & Cheese Hawaiian Dinner Roll Tropical Fruit Mix	Beefy Mac & Cheese 29 Cauliflower Succotash Chilled Peaches Granola Bar	Filet-o-Fish 30 Bun Potato Wedges Peas Fresh Orange

MILWAUKEE COUNTY SENIOR DINING

MILWAUKEE COMMUNITY CROSSROADS

807 S. 14th Street



(414) 902-5384



11:30 For In-Person Dining

OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
Reservations Required	<i>* Menu subject to change without notice</i>	Suggested Contribution \$3.00 60+	1 Polish Sausage Stir-Fry Daikon Soup Rice Carrot Raisin Salad Mandarin Oranges	2 Lasagna Italian Vegetables Coleslaw Garlic Bread Pineapple Chunks
5 Crispy Butterfly Shrimp Rice Green Beans Spinach Salad Chocolate Cookie	6 Fish Fry French Fries Broccoli Carrot Slaw Banana	7 Smoked Pork Chop Napa Cabbage Soup Scalloped Potatoes Rice Fresh Fruit	8 Beef Noodle Soup Rice Carrot Coins Garden Salad Watermelon	9 Chicken Cordon Bleu Sweet Potatoes Brussels Sprouts String Cheese Tropical Fruit Cocktail
12 Asian Meatloaf Mashed Potatoes/Gravy Wisconsin Vegetables Dinner Roll Diced Peaches	Brunch for Lunch 13 Eggs & Spinach Sausage Patty French Toast Breakfast Potatoes Yogurt	14 Chicken Lettuce Wrap Mustard Green Soup Rice Yellow & Green Squash Mandarin Oranges	15 Beef Stir-Fry Noodle Soup Rice Chayote Vanilla Ice Cream	16 Italian Chix Sandwich Onion Rings Broccoli Caesar Salad Banana
19 Grilled Chicken Breast Spinach & Garlic Noodles Peas & Carrots Rice Creamy Fruit Cocktail	20 Chicken Enchilada Rice Corn Garden Salad Strawberry Churro	21 Baked Fish Tofu Soup Rice Chayote Vanilla Pudding	22 Beef & Potato Noodles Eggplant Soup Rice Diced Pears Ice Cream Sandwich	23 Pub Cheeseburger Chips Pasta Salad Fresh Fruit Oatmeal Cream Pie
26 Chicken Tenders Egg Drop Soup Rice Zucchini Medley Fruited Jello	27 Hot Ham & Roll Au Gratin Potatoes Broccoli Florets Baked Beans Pear Slices	28 Ginger Chicken Stir-Fry Rice Steamed Cauliflower Garden Salad w/Garbanzos Birthday Cake	29 Asian Sausage Rice Petite Carrots Asian Slaw Tropical Fruit Cocktail	30 Fish Sandwich French Fries Green Beans Coleslaw Grapes

MILWAUKEE COUNTY SENIOR DINING

MUSLIM COMMUNITY & HEALTH CENTER

803 W. Layton Avenue



(414) 552-3337



For Curbside Pickup

OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
 Reservations Required	3-DAY NOTICE  * Menu subject to change without notice	Suggested Contribution  60+ \$ 3.00	Chicken Wrap w/Lettuce & Tomato Fries Salad Juice Fruit 1	Fish Fry Potato Wedges Coleslaw Bread Juice Fruit 2 
Grilled Chicken Rice Salad Juice Fruit 5	Butter Chicken Palak Rice Raita Juice Fruit 6	Nihari Rice Naan Raita Juice Fruit 7	Falafel Wrap Fries Salad Juice Fruit 8	Fish Fry Potato Wedges Coleslaw Bread Juice Fruit 9 
Shrimp Fries Salad Bread Juice Fruit 12	Chicken Biryani Dal Fry Butter Naan Raita Juice Fruit 13	Chicken Palak Chana Masala Tikka Naan Juice Fruit 14	Quesadilla Fries Salad Juice Fruit 15	Fish Fry Potato Wedges Coleslaw Bread Juice Fruit 16 
Chicken Wrap w/Lettuce & Tomato Fries Salad Juice Fruit 19	Chicken Karahi Rice Mixed Vegetables Juice Fruit 20	Chicken 65 Rice Palak Raita Juice Fruit 21	Grilled Chicken Rice Salad Juice Fruit 22	Fish Fry Potato Wedges Coleslaw Bread Juice Fruit 23 
Fried Chicken Potato Wedges Salad Bread Juice Fruit 26	Nihari Rice Naan Raita Juice Fruit 27	Chicken Boti Rice Daal Tadka Raita Juice Fruit 28	Shawarma Wrap Fries Salad Juice Fruit 29	Fish Fry Potato Wedges Coleslaw Bread Juice Fruit 30 

MILWAUKEE COUNTY SENIOR DINING

UNITED COMMUNITY CENTER

730 W. Washington Street



(414) 649-2807



12:00 for In-Person Dining

OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
 Reservations Required	find us on facebook  Para reservar su almuerzo favor de llamar	Suggested Contribution  60+ \$3.00	1 Chicken Sandwich Vegetable Soup Lettuce and Tomato Mayo Sun Chips Tropical Fruit	2 Cochinita Pibil White Rice Corn Coleslaw Corn Tortilla Fresh Apple
5 Spaghetti & Meat Sauce Steamed Broccoli Salad/Italian Dressing Garlic Bread Sherbet	6 Primavera Pork Brown Rice Chef's Vegetables Salad Melon Mix	7 Chicken Quesadilla Sweet Beans Green Salad w/Cucumber Fruit Punch Pineapple Tidbits	8 Lechon Asado Puerto Rican Rice Salad Dinner Roll Chocolate Cookie	9 Cheeseburger Oven Fries Pickle Lettuce & Tomato Fresh Orange
12 Mexican Chicken Soup <i>Corn, Potato, Zucchini</i> Brown Rice Corn Tortilla Pico de Gallo Salad Applesauce	13 Cheese & Onion Enchilada <i>w/Red Sauce</i> Mexican Rice Mexican Beans Salad Apricots	14 Beefy Mac & Cheese Steamed Broccoli Romaine Salad Dinner Roll Mandarin Oranges	15 Baked Potato <i>Ground Beef, Bacon, Onion</i> <i>Sour Cream & Cheese</i> Pea Soup French Bread Banana	16 Turkey Chunks Primavera Rice Steamed Vegetables Dinner Roll Peaches
19 Chicken Fricase Puerto Rican Rice Salad Dinner Roll Fruit Cocktail	20 Tuna Salad <i>w/Corn & Celery</i> Broccoli Soup Bread Orange Juice Red Grapes	21 Ground Beef Taco <i>Lettuce, Tomato, Sour Cream</i> Rice Charro Beans Corn Tortilla Fresh Apple	22 Chicken Fettuccine Alfredo Steamed Broccoli Tossed Salad Garlic Bread Ice Cream Birthday Cake	23 Chicken & Mole Sauce White Rice Vegetables du Jour Corn Tortilla Grape Juice Fruited Jell-O
26 Mini Corn Dogs Sweet Potato Fries Salad <i>Mayo, Ketchup, Mustard</i> Watermelon	27 Chicken Teriyaki Oriental Rice Carrot Coins Dinner Roll Tropical Fruit	28 Turkey Ham Sub Potato Soup <i>Lettuce, Tomato, Onions, Mayo</i> Sun Chips Diced Pears	29 Albondigas Soup Mexican Rice Mixed Vegetables Corn Tortilla Green Grapes	30 Cheese Entomatadas Vegetable Soup Green Beans <i>Sour Cream</i> Oatmeal Cookie

MILWAUKEE COUNTY SENIOR DINING

WASHINGTON PARK

4420 W. Vliet Street



(414) 933-2332

11:30 for In-Person Dining

OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
Reservations Required find us on facebook. = Healthier Dessert Suggested Contribution \$3.00				
5 Hot Turkey on Bun Mashed Potatoes/Gravy Brussels Sprouts 🍷 Cranberry Juice Apple Crumble 🍷 Fruit	6 Baked Fish Dill Sauce Baby Potatoes Green & Wax Beans Marble Rye Bread Rosy Pears	7 Baked Ziti Peas & Pearl Onions Spiced Peaches Fruited Yogurt Clementine	1 BBQ Pulled Pork/Bun Vegetable Pasta Sweet Corn 🍷 Grape Juice Pineapple	2 Meatloaf & Gravy Smashed Red Potatoes Wisconsin Vegetables Spinach Salad Nutri Grain Bar
12 Pork Riblet Sweet Potatoes Braised Cabbage 🍷 Orange Juice Blueberry Muffin	13 Sloppy Joe Bun Potatoes O'Brien Peas & Carrots Yellow Apple	14 Chicken Gyro Salad <i>Chicken, Lettuce, Onion</i> <i>Tzatziki</i> French Bread 🍷 Juice Melon	15 Pizza Casserole Grilled Vegetables Cinnamon Apples 🍷 Fruit Punch Chocolate Mousse	16 Tuna Sub Sandwich Chips Broccoli Slaw Pineapple Tidbits Rice Krispie Treat 🍷 Fruit
19 Meatballs & Gravy Buttered Egg Noodles Green Beans Shredded Carrot Salad Jello with Fruit	CLOSED 20 	21 Chicken à la King Steamed Vegetables Biscuit 🍷 Juice Fruit Cocktail	22 Pub Burger on Bun Mushrooms & Swiss Tater Tots Bean Medley Oatmeal Raisin Cookie 🍷 Raisins	23 Italian Meat Sauce Penne Pasta Italian Vegetables Tossed Salad Oreos 🍷 Fruit
26 Chicken Chop Suey Rice Asian Style Vegetables Pineapple Fluff Fortune Cookie	27 Chicken Parmesan Noodles & Sauce Sicilian Vegetables 🍷 Grape Juice Chilled Pears	28 Baked Potato Diced Ham Broccoli & Cheese Hawaiian Dinner Roll Tropical Fruit Mix	29 Beefy Mac & Cheese Cauliflower Succotash Chilled Peaches Granola Bar	30 Filet-o-Fish Bun Potato Wedges Peas Fresh Orange

MILWAUKEE COUNTY SENIOR DINING

WEST ALLIS

7001 W. National Avenue



(414) 302-8703



11:00 For In-Person Dining

OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
Reservations Required find us on facebook <i>Menu subject to change without notice</i> Suggested Contribution \$3.00 = Healthier Dessert				
1 Hot Turkey on Bun Mashed Potatoes/Gravy Brussels Sprouts Cranberry Juice Apple Crumble Fruit	2 Meatloaf & Gravy Smashed Red Potatoes Wisconsin Vegetables Spinach Salad Nutri Grain Bar	3 BBQ Pulled Pork/Bun Vegetable Pasta Sweet Corn Grape Juice Pineapple	4 Chicken Enchilada Spanish Rice Southwest Vegetables Garden Salad Baker's Choice Fruit	5 Hot Dog Bun American Potatoes Baked Beans Raspberry Applesauce
6 Baked Fish Dill Sauce Baby Potatoes Green & Wax Beans Marble Rye Bread Rosy Pears	7 Baked Ziti Peas & Pearl Onions Spiced Peaches Fruited Yogurt Clementine	8 Chicken Gyro Salad <i>Chicken, Lettuce, Onion Tzatziki</i> French Bread Juice Melon	9 Pizza Casserole Grilled Vegetables Cinnamon Apples Fruit Punch Chocolate Mousse	10 Tuna Sub Sandwich Chips Broccoli Slaw Pineapple Tidbits Rice Krispie Treat Fruit
11 Pork Riblet Sweet Potatoes Braised Cabbage Orange Juice Blueberry Muffin	12 Sloppy Joe Bun Potatoes O'Brien Peas & Carrots Yellow Apple	13 Chicken à la King Steamed Vegetables Biscuit Juice Fruit Cocktail	14 Pub Burger on Bun Mushrooms & Swiss Tater Tots Bean Medley Oatmeal Raisin Cookie Raisins	15 Italian Meat Sauce Penne Pasta Italian Vegetables Tossed Salad Oreos Fruit
16 Meatballs & Gravy Buttered Egg Noodles Green Beans Shredded Carrot Salad Jello with Fruit	17 Chicken Chop Suey Rice Asian Style Vegetables Pineapple Fluff Fortune Cookie	18 Chicken Parmesan Noodles & Sauce Sicilian Vegetables Grape Juice Chilled Pears	19 Beefy Mac & Cheese Cauliflower Succotash Chilled Peaches Granola Bar	20 Filet-o-Fish Bun Potato Wedges Peas Fresh Orange
21 Baked Turkey on Bun Mashed Potatoes/Gravy Brussels Sprouts Cranberry Juice Apple Crumble Fruit	22 Meatloaf & Gravy Smashed Red Potatoes Wisconsin Vegetables Spinach Salad Nutri Grain Bar	23 BBQ Pulled Pork/Bun Vegetable Pasta Sweet Corn Grape Juice Pineapple	24 Chicken Enchilada Spanish Rice Southwest Vegetables Garden Salad Baker's Choice Fruit	25 Hot Dog Bun American Potatoes Baked Beans Raspberry Applesauce
26 Pork Riblet Sweet Potatoes Braised Cabbage Orange Juice Blueberry Muffin	27 Sloppy Joe Bun Potatoes O'Brien Peas & Carrots Yellow Apple	28 Chicken Gyro Salad <i>Chicken, Lettuce, Onion Tzatziki</i> French Bread Juice Melon	29 Pizza Casserole Grilled Vegetables Cinnamon Apples Fruit Punch Chocolate Mousse	30 Tuna Sub Sandwich Chips Broccoli Slaw Pineapple Tidbits Rice Krispie Treat Fruit
31 Meatballs & Gravy Buttered Egg Noodles Green Beans Shredded Carrot Salad Jello with Fruit	32 Chicken Chop Suey Rice Asian Style Vegetables Pineapple Fluff Fortune Cookie	33 Chicken Parmesan Noodles & Sauce Sicilian Vegetables Grape Juice Chilled Pears	34 Beefy Mac & Cheese Cauliflower Succotash Chilled Peaches Granola Bar	35 Filet-o-Fish Bun Potato Wedges Peas Fresh Orange

MILWAUKEE COUNTY SENIOR DINING

WILSON PARK

2601 W. Howard Avenue



(414) 282-3284

11:30 for In-Person Dining

OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
Reservations Required <i>* Menu subject to change without notice</i> find us on facebook Suggested Contribution 60+ \$3.00 ♥ = Healthier Dessert				
1 BBQ Pulled Pork/Bun Vegetable Pasta Sweet Corn Grape Juice Pineapple	2 Meatloaf & Gravy Smashed Red Potatoes Wisconsin Vegetables Spinach Salad Nutri Grain Bar	3 Hot Turkey on Bun Mashed Potatoes/Gravy Brussels Sprouts Cranberry Juice Apple Crumble ♥ Fruit	4 Baked Fish Dill Sauce Baby Potatoes Green & Wax Beans Marble Rye Bread Rosy Pears	5 Baked Ziti Peas & Pearl Onions Spiced Peaches Fruited Yogurt Clementine
6 Chicken Enchilada Spanish Rice Southwest Vegetables Garden Salad Baker's Choice ♥ Fruit	7 Hot Dog Bun American Potatoes Baked Beans Raspberry Applesauce	8 Pork Riblet Sweet Potatoes Braised Cabbage Orange Juice Blueberry Muffin	9 Sloppy Joe Bun Potatoes O'Brien Peas & Carrots Yellow Apple	10 Chicken Gyro Salad <i>Chicken, Lettuce, Onion Tzatziki</i> French Bread Juice Melon
11 Pizza Casserole Grilled Vegetables Cinnamon Apples Fruit Punch Chocolate Mousse	12 Tuna Sub Sandwich Chips Broccoli Slaw Pineapple Tidbits Rice Krispie Treat ♥ Fruit	13 Meatballs & Gravy Buttered Egg Noodles Green Beans Shredded Carrot Salad Jello with Fruit	14 CLOSED 	15 Chicken à la King Steamed Vegetables Biscuit Juice Fruit Cocktail
16 Pub Burger on Bun Mushrooms & Swiss Tater Tots Bean Medley Oatmeal Raisin Cookie ♥ Raisins	17 Italian Meat Sauce Penne Pasta Italian Vegetables Tossed Salad Oreos ♥ Fruit	18 Chicken Chop Suey Rice Asian Style Vegetables Pineapple Fluff Fortune Cookie	19 Chicken Parmesan Noodles & Sauce Sicilian Vegetables Grape Juice Chilled Pears	20 Baked Potato Diced Ham Broccoli & Cheese Hawaiian Dinner Roll Tropical Fruit Mix
21 Beefy Mac & Cheese Cauliflower Succotash Chilled Peaches Granola Bar	22 Filet-o-Fish Bun Potato Wedges Peas Fresh Orange	23 Chicken Chop Suey Rice Asian Style Vegetables Pineapple Fluff Fortune Cookie	24 Chicken Parmesan Noodles & Sauce Sicilian Vegetables Grape Juice Chilled Pears	25 Baked Potato Diced Ham Broccoli & Cheese Hawaiian Dinner Roll Tropical Fruit Mix

MILWAUKEE COUNTY SENIOR DINING



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



Open for Senior Dining

Thursdays 11:00 AM - 1:00 PM

7411 W. Hampton Avenue Milwaukee 53218

For Anyone 60+ (verified w/photo ID)

No Reservations

Check-in with Dining Staff

Complete Registration Form?

Choose Entrée & One Side

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

Enjoy Meal!

ENTRÉE

Select One:



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

SIDES

Select One:



- Crab Rangoon
- Egg Roll

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



MILWAUKEE COUNTY SENIOR DINING



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



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

For Anyone 60+ (verified w/photo ID)

No Reservations

Check-in with Dining Staff

Complete Registration Form?

Choose Entrée & Two Sides

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

Enjoy Meal!

ENTRÉE

Select One:



- ☐ Baked Chicken
- ☐ Fried Chicken
- ☐ Catfish

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

SIDES

Select Two:



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

Suggested
Contribution



60+

\$3.00



county.milwaukee.gov/aging

✉ SeniorDining@milwaukeecountywi.gov



Senior Dining Office: 414-289-6995

MILWAUKEE COUNTY SENIOR DINING



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



Open for Senior Dining

Wednesdays: 8:00 AM - 10:00 AM

3514 W. National Avenue Milwaukee 53215

For Anyone 60+ (verified w/photo ID)

No Reservations

Check-in with Dining Staff

Complete Registration Form?

Choose One Breakfast Option

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

Enjoy Meal!

BREAKFAST OPTIONS

Select One:



(Each Breakfast Option served with Fruit & Milk)

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



county.milwaukee.gov/aging



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

MILWAUKEE COUNTY

MEALS ON WHEELS



(414) 358-6527

OCTOBER



MEALS on WHEELS
AMERICA

Monday	Tuesday	Wednesday	Thursday	Friday
Goodwill Greater Milwaukee & Chicago MEALS ON WHEELS \$4.00 SUGGESTED CONTRIBUTION * Menu subject to change without notice = DIABETIC DESSERT				
5 Hot Turkey on Bun Mashed Potatoes/Gravy Brussels Sprouts Cranberry Juice Apple Crumble Fruit	6 Baked Fish Dill Sauce Baby Potatoes Green & Wax Beans Marble Rye Bread Rosy Pears	7 Baked Ziti Peas & Pearl Onions Spiced Peaches Fruited Yogurt Clementine	1 BBQ Pulled Pork/Bun Vegetable Pasta Sweet Corn Grape Juice Pineapple	2 Meatloaf & Gravy Smashed Red Potatoes Wisconsin Vegetables Spinach Salad Nutri-Grain Bar
12 Pork Riblet Sweet Potatoes Braised Cabbage Orange Juice Blueberry Muffin	13 Sloppy Joe Bun Potatoes O'Brien Peas & Carrots Yellow Apple	14 Chicken Gyro Salad <i>Chicken, Lettuce, Onion</i> <i>Tzatziki</i> French Bread Juice Melon	15 Pizza Casserole Grilled Vegetables Cinnamon Apples Fruit Punch Chocolate Mousse	16 Tuna Sub Sandwich Chips Broccoli Slaw Pineapple Tidbits Rice Krispie Treat Fruit
19 Meatballs & Gravy Buttered Egg Noodles Green Beans Shredded Carrot Salad Jello with Fruit	20 Breakfast Sandwich <i>Eggs, Sausage, Cheese</i> Hashbrowns Sautéed Vegetables Banana	21 Chicken à la King Steamed Vegetables Biscuit Juice Fruit Cocktail	22 Pub Burger on Bun Mushrooms & Swiss Tater Tots Bean Medley Oatmeal Raisin Cookie Raisins	23 Italian Meat Sauce Penne Pasta Italian Vegetables Tossed Salad Oreos Fruit
26 Chicken Chop Suey Rice Asian Style Vegetables Pineapple Fluff Fortune Cookie	27 Chicken Parmesan Noodles & Sauce Sicilian Vegetables Grape Juice Chilled Pears	28 Baked Potato Diced Ham Broccoli & Cheese Hawaiian Dinner Roll Tropical Fruit Mix	29 Beefy Mac & Cheese Cauliflower Succotash Chilled Peaches Granola Bar	30 Filet-o-Fish Bun Potato Wedges Peas Fresh Orange

MILWAUKEE COUNTY

MEALS ON WHEELS



(414) 358-6527

OCTUBRE



MEALS ON WHEELS
AMERICA

Lunes	Martes	Miércoles	Jueves	Viernes
Goodwill Greater Milwaukee & Chicago MEALS ON WHEELS <i>Menú sujeto a cambios</i> = Postre diabético \$4.00 Contribución Sugerida				
Pavo en pan 5 Puré de patatas Coles de Bruselas Zumo de arándano Crumble de manzana Fruta	Pescado al horno 6 Salsa de eneldo Patatas Pequeñas Judías verdes y de cera Pan de centeno mármol Peras Rosadas	Ziti horneado 7 Guisantes y cebollas Melocotones Yogur frutal Clementine	Cerdo a la barbacoa 1 Pasta de verduras Maíz dulce Zumo de uva Piña	Pastel de carne y salsa 2 Patatas rojas Verduras de Wisconsin Ensalada de espinacas Barra de grano Nutri
Riblet de cerdo 12 Batatas Col estofada Zumo de naranja Magdalena de arándanos	Sloppy Joe 13 en pan Patatas O'Brien Guisantes y Zanahorias Manzana Amarilla	Ensalada de pollo 14 con gyro Tzatziki Pan francés Zumo Melón	Cazuela de pizza 15 Verduras a la parrilla Manzanas con canela Ponche de frutas Chocolate Mousse	Sandwich de atún 16 Chips Ensalada de broócoli Piña Delicia de Rice Krispie Fruit
Albóndigas con salsa 19 Fideos Judías verdes Ensalada de zanahoria Gelatina con fruta	Sándwich de desayuno 20 <i>huevos, salchicha, queso</i> Patatas hash Verduras salteadas Plátano	Chicken à la King 21 Verduras al vapor Biscuit Zumo Cóctel de frutas	Hamburguesa de pavo 22 Setas y Suizos Tater Tots Mezclado de Frijoles Galleta de avena y pasas Pasas	Salsa de carne italiana 23 Pasta de pene Verduras italianas Ensalada mixta Oreos Fruit
Chop Suey de Pollo 26 Arroz Verduras al estilo asiático Pelusa de piña Galleta de la Fortuna	Pollo a la parmesana 27 Fideos y salsa Sicilian Vegetables Zumo de uva Peras frías	Patata asada 28 Jamón picado Brócoli y queso Panecillo Hawaiano Mezcla de frutas tropicales	Macarrones con carne y queso 29 Coliflor Succotash Melocotones Fríos Barra de granola	Filete de pescado 30 Pan Cuñas de patata Guisantes Naranja fresca

Evidence-Based Community Falls Prevention Programs: **Saving Lives, Saving Money**

The Challenge: Older Adult Falls in the U.S.

- **1 in 4 Americans** age 65+ **fall each year**
- **Every 11 seconds**, an older adult is treated in the emergency room for a fall
- **Every 19 minutes**, an older adult dies from a fall



Falls Are Common



Falls Are Costly

Falls are the leading cause of traumatic brain injuries and account for more than 95% of all hip fractures

- Each year, more than **\$50 billion** is spent on the direct medical costs related to fall injuries (78% paid by Medicare and Medicaid)
- This total cost is projected to increase to over **\$101 billion** by 2030
- Even **falls without injury** can cause fear of falling, leading to physical decline, depression, and social isolation

The Solution: Proven Evidence-Based Falls Prevention Programs



A MATTER OF BALANCE

decreases total annual medical costs by **\$938**, reduces hospitalization costs by **\$517**, reduces skilled nursing facility costs by **\$237**, and reduces home health costs by **\$81** per participant



OTAGO EXERCISE PROGRAM

reduces falls by **35%** resulting in a **\$429** net benefit per participant and a **127%** return on investment



STEPPING ON

reduces falls by **30%** resulting in **\$134** net benefit per participant and a **64%** return on investment



TAI CHI MOVING FOR BETTER BALANCE

reduces falls by **55%** resulting in a **\$530** net benefit per participant and a **509%** return on investment



CAPABLE*

addresses home modifications to reduce falls risk factors resulting in more than **\$30,000** in savings in medical costs driven by reductions in health care expenditures



ENHANCEFITNESS

reduces falls by **26%**, resulting in an annual medical cost savings of **\$945** per participant

Learn more about these and other proven programs at ncoa.org/FallsPrevention

* Community Aging in Place-Advancing Better Living for Elders Program



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		MI	SUFFIX JR SR I II III
ADDRESS		CITY			ZIP CODE
BIRTHDATE (MM/DD/YYYY)	AGE	PHONE		EMAIL	
MARITAL STATUS ☐ Single ☐ Married ☐ Partnered ☐ Separated ☐ Divorced ☐ Widowed ☐ Other _____	GENDER ☐ Female ☐ Male ☐ Transgender Female ☐ Transgender Male ☐ Transgender Unspecified ☐ Gender Fluid ☐ Gender Nonconforming ☐ Self-Describe	RACE ☐ American Indian/Alaskan Native ☐ Asian ☐ Black/African American ☐ Native Hawaiian/Pacific Islander ☐ White ☐ Other: _____		ETHNICITY ☐ Hispanic/Latino ☐ Not Hispanic/Latino HOUSEHOLD ☐ Lives Alone ☐ Lives With Others MILITARY/VETERAN? ☐ NO ☐ YES	

2026 INCOME LEVEL (Your response will not impact your eligibility. 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

Circle the Corresponding Number

YES

NO

How did you hear about us?

Under 60?

1 A condition or illness changes the kind/amount of food I eat	2	0
2 I eat fewer than 2 meals each day	3	0
3 I eat few fruits, vegetables or milk products	2	0
4 I have 3+ drinks of beer, wine or liquor each day	2	0
5 Tooth or mouth problems make it hard to eat	2	0
6 I don't always have enough money to buy food	4	0
7 I eat alone most of the time	1	0
8 I take 3+ prescribed/over-the-counter medications	1	0
9 Unintentionally, lost/gained 10 pounds in 6 months	2	0
10 Not always physically able to cook or feed myself	2	0

☐ Friend/Family

☐ Facebook

☐ Health Provider

☐ Newspaper

☐ Internet

☐ Email

☐ US Mail

☐ Church

☐ Senior Center

☐ Other _____

How are you eligible?

→ If under 60 Select One:

☐ Active Dining Volunteer

☐ Spouse of Active Diner

☐ Disabled: Live w/Elder Relative

OFFICE USE

☐ Received _____

☐ Diner Card

☐ Diner Handbook

☐ Data Entry _____

☐ STAFF _____

NUTRITION RISK LEVEL: 0-2 LOW 3-5 MODERATE 6+ HIGH

EMERGENCY CONTACT _____ PHONE _____ RELATIONSHIP _____

Privacy Statement: "The information you are being asked to provide is needed to determine eligibility to receive Older Americans Act Services and to comply with federal 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 shared without your permission. If you have questions regarding this, please ask the aging unit staff."

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

EFFECTIVE: February 1, 2026

MILWAUKEE COUNTY SENIOR DINING

REGISTRATION *(continued)*

FOOD INSECURITY ➞ 2 Questions:

Read these statements people have made about their food situation. For each statement, please indicate whether the statement was **OFTEN TRUE**, **SOMETIMES TRUE** or **NEVER TRUE** for you or your household 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

MALNUTRITION SCREENING TOOL (MST) ➞ 2 Questions:

- 1 Have you recently lost weight without trying?

☐ NO ☐ YES ➞

If **YES**, how much weight have you lost?

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

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



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



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