

# MILWAUKEE COUNTY SENIOR DINING GREATER GALILEE

2432 N. TEUTONIA AVENUE  
FOR CURBSIDE PICK-UP OR DELIVERY



MILWAUKEE COUNTY  
Department on Aging

## OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>RESERVATIONS RECOMMENDED</b>  9:30-11:30 24-HOUR NOTICE <b>562-1110</b>		<b>60+</b> Suggested Contribution <b>\$3.00</b> 	<b>1</b> Hot Ham & Cheese Whole Grain Bun Black-Eyed Peas Potato Salad Fresh Apple Oatmeal Raisin Cookie	<b>2</b> Turkey BLT Salad <i>Turkey, Bacon            Shredded Cheese            Cheese, Croutons            Lettuce, Tomato            Ranch Dressing            Melon</i>
<b>5</b> Caesar Salad <i>Grilled Chicken            Romaine Lettuce            Croutons            Parmesan Cheese            Caesar Dressing            Fresh Fruit</i>	<b>6</b> Oven-Fried Fish Tartar Sauce Creamy Coleslaw Potato Pancakes Rye Bread Stewed Tomatoes Applesauce	<b>7</b> Biscuits, Sausage and Gravy Scrambled Eggs Hash Brown Potatoes V-8 Juice Fresh Berries	<b>8</b> Pub Burger w/Lettuce & Tomato Multigrain Bun Baked Beans Broccoli Spears Fresh Pear	<b>9</b> Taco Salad <i>Ground Beef, Beans            Rice, Cheese            Sour Cream, Salsa            Tortilla Chips            Lettuce, Onion, Tomato            Pineapple Tidbits</i>
<b>12</b> 7-Layer Salad <i>Hard Boiled Egg            Bacon, Croutons            Tomato, Carrots            Romaine Lettuce            Mayo Dressing            Strawberries</i>	<b>13</b> Chicken Salad Sandwich on Wheat Cherry Tomatoes String Cheese  Juice Fruited Yogurt	<b>14</b> Scrambled Eggs with Cheese and Veggies English Muffin Tomato Juice Banana	<b>15</b> Baked Tilapia Wild Rice Blend Spinach Salad w/ Tomato & Cucumber Salad Dressing California Veggies Fruit Cocktail	<b>16</b> Spinach Salad <i>w/Asparagus            Garbanzo Beans            Hardboiled Eggs            Bacon, Croutons            Salad Dressing            Fresh Fruit</i>
<b>19</b> Chef's Salad <i>Ham, Cheese,            Egg, Bacon            Romaine Mix            Tomatoes, Croutons            Salad Dressing            Grapes</i>	<b>20</b> Sloppy Joe (BBQ Beef) Whole Grain Bun Baked Beans American Potato Salad Fresh Orange Wedges Sugar Cookie	<b>21</b> Pancakes Scrambled Eggs Hashbrown Patty V-8 Juice Cottage Cheese Peaches	<b>22</b> Baked Pork Chop Baby Baker Potatoes Black-Eyed Peas Cornbread Muffin Apple Slices w/Cinnamon	<b>23</b> Caesar Salad <i>Grilled Chicken            Romaine Lettuce            Croutons            Parmesan Cheese            Caesar Dressing            Fresh Fruit</i>
<b>26</b> Spinach Salad <i>w/Asparagus            Garbanzo Beans            Hardboiled Eggs            Bacon, Croutons            Salad Dressing            Fresh Fruit</i>	<b>27</b> Grilled Chicken Wrap w/Salad Greens, Tomato Ranch Dressing, Tortilla Carrot Sticks Chips Chilled Pears Apple Pie	<b>28</b> Cheese Omelet w/Veggies Crisp Bacon Whole Grain Toast Juice Banana Cinnamon Roll	<b>29</b> Beef Lasagna Green Beans Mixed Greens Dressing Garlic Bread Mandarin Oranges Lemon Pudding	<b>30</b> 7-Layer Salad <i>Hard Boiled Egg            Bacon, Croutons            Tomato, Carrots            Romaine Lettuce            Mayo Dressing            Strawberries</i>

# 3 Things To Know



## Upcoming: Medicare 101 Virtual Session

With Medicare Open Enrollment right around the corner, we invite you to learn more about the basics of Medicare at our virtual webinar on Wednesday, September 9 at 1:00pm. The session will include an objective overview of the options and benefits offered through Medicare as well as information about Medicare Savings Programs which can save you as much as \$5,000 a year! Complete details at: [county.milwaukee.gov/aging/Medicare101](https://county.milwaukee.gov/aging/Medicare101).



## Election Day Preparations

November 3 is the general and presidential election. Be sure to request your absentee ballot as soon as possible to ensure you receive it in time to complete and return. You can learn more about who is on your ballot, register to vote and also request an absentee ballot at [myvote.wi.gov](https://myvote.wi.gov). For in person help, find your municipal clerk at: [county.milwaukee.gov/EN/County-Clerk/Election-Commission](https://county.milwaukee.gov/EN/County-Clerk/Election-Commission) or call the Aging Resource Center at (414) 289-6874.



## ADRC Governing Board Survey

The Aging and Disability Resource Center Governing Board of Milwaukee County would like your feedback. We want to learn from you how well our services are meeting the needs of adults with disabilities, older adults and their care partners. Tell us how the Aging Resource Center, Disability Resource Center, IRIS, Family Care, Partnership, or PACE are working for you and if there are additional services that might be needed. The survey can be found online at [county.milwaukee.gov/aging/adrcboardsurvey](https://county.milwaukee.gov/aging/adrcboardsurvey) or request a paper version by calling (414) 289-6874.



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**Committed to the Independence and Dignity of Older Adults Through Advocacy, Leadership and Service.**