



MILWAUKEE COUNTY
Department on Aging

MILWAUKEE COUNTY SENIOR DINING

MEALS ON WHEELS

OCTOBER



MEALS ON WHEELS
AMERICA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEALS ON WHEELS 358-6527 		DIABETIC DESSERT \$3.00 <small>60+ Suggested Contribution</small>	Chicken Parmesan ¹ Angel Hair Pasta Honey-Glazed Carrots Crusty Italian Bread Apple Crisp ♥ Apple	Open-Faced ² Meatloaf Sandwich w/ Gravy on 7-Grain Bread Mashed Potatoes Steamed Spinach w/Garlic & Lemon Sliced Pears
BBQ Pulled Pork ⁵ Whole Wheat Bun Baked Beans Creamy Coleslaw Pickle Spear Sugar Cookie ♥ Fruit	Cranberry Meatballs ⁶ Scalloped Potatoes Laguna Vegetable Blend Oat Bran Bread Tropical Fruit Cup	Vegetable Lasagna ⁷ Chef's Vegetables Warm Cinnamon Apples Garlic Bread Blueberry Yogurt	2 Soft Beef Tacos ⁸ w/Corn Tortillas Shredded Lettuce, Cheese Black Beans & Rice Southwest Corn Sour Cream, Salsa Fresh Plum	Turkey à la King ⁹ Brown Rice Broccoli Baking Powder Biscuit Marinated Carrot Salad Rice Krispie Square ♥ Apple
Salisbury Steak ¹² Mashed Potatoes Gravy Sunshine Carrots Cheddar Biscuit Fruit Cocktail	Philly Chicken Sandwich ¹³ on Whole Grain Bun w/Swiss Cheese Sautéed Onions, Peppers Baby Baker Potatoes Capri Vegetable Blend Fruit Cup	Spaghetti & Sauce ¹⁴ Italian Meatballs* Spaghetti Sauce Italian Green Beans Garlic Breadstick Grapes	Glazed Ham ¹⁵ Scalloped Potatoes Peas & Carrots Dinner Roll Brownie ♥ Banana	Mediterranean ¹⁶ Baked Cod Hashbrown Potatoes Wisconsin Vegetables Marble Rye Bread Peanut Butter Cookie ♥ Pineapple
Roast Turkey Sandwich ¹⁹ with Gravy Whole Grain Bun American Fried Potatoes Country Style Vegetables Oatmeal Raisin Cookie ♥ Raisins	Seafood Salad ²⁰ on Leaf Lettuce Tri Colored Pasta Salad Carrot & Celery Sticks 🍹 Fruit Punch Split Top Dinner Roll Fresh Fruit Cup	Sauerbraten ²¹ Quartered Potatoes <i>Sweet & Sour</i> Red Cabbage Rye Bread Applesauce Black Forest Cherry Cake ♥ Fruit	BBQ Chicken ²² Leg/Thigh Baked Potato Sour Cream Mixed Greens/Ranch Cornbread Muffin Chilled Peaches	Grilled Hot Dog ²³ w/Diced Onions Hot Dog Bun Macaroni & Cheese Stewed Tomatoes Apple Slices
Sweet & Sour Pork ²⁶ w/Peppers & Pineapple Brown Rice w/ Stir Fry Vegetables Asian Coleslaw Whole Grain Dinner Roll Mandarin Oranges	Stuffed Cabbage Roll ²⁷ Tomato Sauce Garlic Mashed Potatoes Whole Kernel Corn 7-Grain Bread Chocolate Chip Cookie ♥ Fresh Orange	Chef's Salad ²⁸ Ham, Cheese, Egg Croutons, Tomato Romaine, Ranch Blueberry Muffin Fruited Yogurt Melon	French Dip Sandwich ²⁹ (Hot Roast Beef Sandwich) Coney Bun Tater Tots Calico Beans Chocolate Pudding ♥ Lo-Cal Pudding	Chicken Cordon Bleu ³⁰ Roasted Potatoes Squash Cinnamon Applesauce Split-Top Dinner Roll Pumpkin Pie ♥ Sliced Peaches

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.



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. For in person help, find your municipal clerk at: 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 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.