

MILWAUKEE COUNTY SENIOR DINING

UNITED COMMUNITY CENTER

730 W WASHINGTON STREET

FOR CURBSIDE PICK-UP/DELIVERY



MILWAUKEE COUNTY
Department on Aging

OCTOBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Se sugiere \$3.00 de donación por cada comida</p> <p>60+ Suggested Contribution \$3.00</p>	<p>RESERVATIONS REQUIRED 9:30-11:30 24-HOUR NOTICE 649-2807</p>		<p>Soft Beef Taco ¹ Shredded Lettuce, Cheese Tomato, Sour Cream Refried Beans Whole Wheat Tortilla Banana Pudding</p>	<p>Baked Chicken ² Puerto Rican Rice Peas & Carrots Dinner Roll Mandarin Orange</p>
<p>Meatloaf w/Gravy ⁵ Garlic Mashed Potatoes Cauliflower Wheat Bread Pear Slices</p>	<p>Pork Stew ⁶ w/Potatoes & Carrots White Rice Sweet Corn Whole Grain Roll Tropical Fruit</p>	<p>Chicken Parmesan ⁷ Spaghetti w/Sauce Italian Veggies Tossed Salad/Italian Garlic Bread Chilled Apricots</p>	<p>Chipotle Meatballs ⁸ Mexican Rice Spinach Salad w/Dressing Bread Fresh Apple</p>	<p>Turkey Hot Dog ⁹ Bun Vegetarian Beans Green Beans Chocolate Pudding</p>
<p>Stuffed Baked Potato ¹² Seasoned Ground Beef Shredded Lettuce Diced Tomato Cheddar Cheese Sour Cream Fresh Banana</p>	<p>Chicken Enchiladas ¹³ Mexican Rice Mexican Beans Spinach Salad w/Dressing Fruit Cocktail</p>	<p>Honey Glazed Ham ¹⁴ Quartered Red Potatoes w/Parsley Butter Steamed Broccoli Rye Bread Applesauce</p>	<p>Steak Fajita Taco ¹⁵ Sautéed Peppers and Onions Mexican Beans Mexican Style Corn Wheat Tortilla Diced Peaches</p>	<p>Roasted Pork Loin ¹⁶ Garlic Mashed Potato Cauliflower Dinner Roll Pineapple Chunks</p>
<p>Spaghetti ¹⁹ w/Meatballs Spinach Salad Italian Bread Melon Cup</p>	<p>Roasted Pork ²⁰ Puerto Rican Rice Cucumber, Onion and Tomato Salad Wheat Bread Yellow Apple</p>	<p>Chicken Cordon Bleu ²¹ Primavera Rice Mixed Greens w/French 7-Grain Bread Cherry Pie Diced Pears</p>	<p>Cheese Enchiladas ²² Mexican Rice Refried Beans Lettuce & Tomato Salad Cinnamon Apple Slices</p>	<p>Beef Roast ²³ w/Mushroom Gravy American Potato Salad California Blend Dinner Roll Mandarin Oranges</p>
<p>Tuna Salad ²⁶ Kaiser Roll Lettuce Leaf, Tomato Sun Chips Banana Oatmeal Raisin Cookie</p>	<p>Arroz con Pollo ²⁷ Asparagus/Garlic Sauce Spring Salad w/Cherry Tomatoes Split-Top Dinner Roll Applesauce</p>	<p>brunch for lunch ²⁸ Egg & Cheese Omelet Sausage Link Hashbrowns Wheat Bread Fresh Orange</p>	<p>Steak Ranchero ²⁹ Brown Rice Refried Beans Fresh Salad/Dressing Tortilla Pineapple Tidbits</p>	<p>Polish Sausage ³⁰ German Potato Salad Calico Beans Multi-Grain Roll Sliced Peaches</p>

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.