

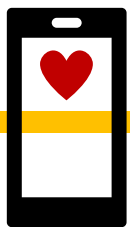
MILWAUKEE COUNTY SENIOR DINING

WHERE SENIORS **LOVE** TO LUNCH



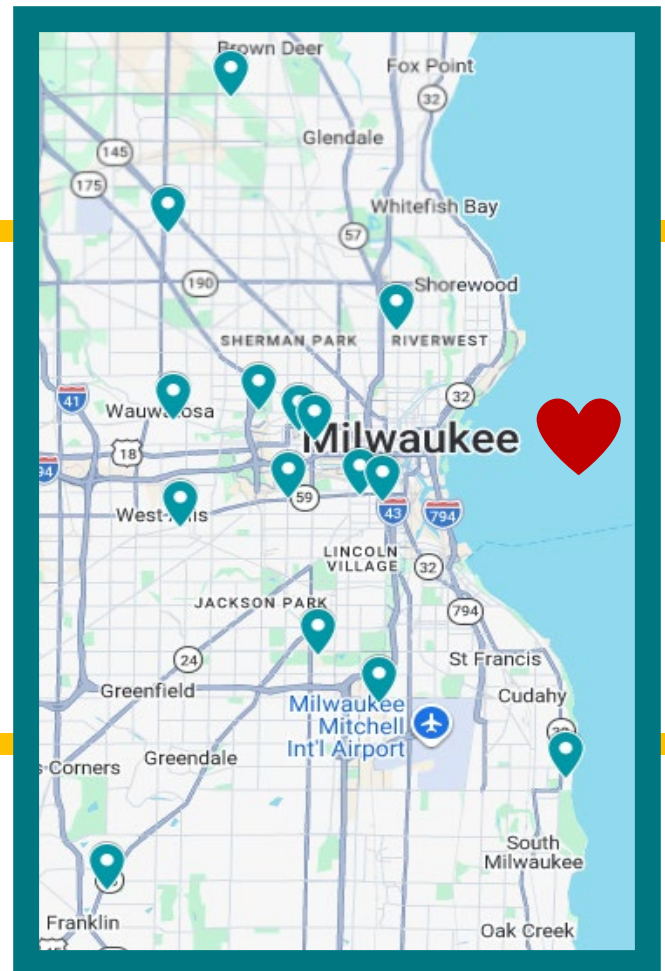
Join Us!

- 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 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



9/1/2026

MILWAUKEE COUNTY SENIOR DINING

EXPLORE



Become a **Senior Diner!**



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

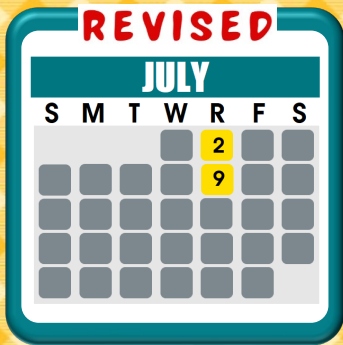
MILWAUKEE COUNTY SENIOR DINING



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**



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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?



- 7 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?



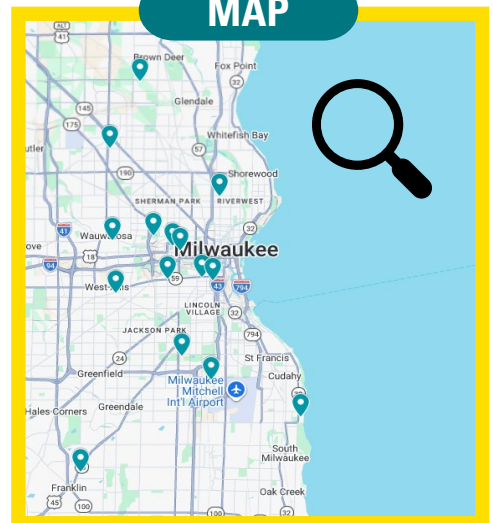
\$3.00 *Suggested Contribution*



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 - 2:00PM

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
 CLOSED CERRADO	 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 - 2:00PM

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)



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



SEPTEMBER



Monday	Tuesday	Wednesday	Thursday	Friday
Suggested Contribution 60+ \$3.00	1 Pork Chop Suey Rice Asian Vegetables Carrot Raisin Salad Fresh Orange	2 Taco Salad <i>Meat, Cheese, Lettuce, Tomato, Onion, Taco Sauce</i> Tortilla Chips Cran-Apple Juice Cantaloupe	3 Turkey Burger/Bun Scalloped Potatoes Calico Beans Garden Salad Rice Krispie Treat Fruit	4 Stuffed Cabbage Roll Tomato Sauce Mashed Potatoes Mixed Vegetables Pudding Fruit
CLOSED 7 LABOR DAY	8 Pizza Casserole Parmesan Cauliflower Spiced Peaches Fruit Punch Cookie Fruit	9 Turkey BLT Salad <i>Turkey, Bacon, Cheese Romaine, Tomato, Ranch</i> Crusty Roll Jello Yellow Delicious Apple	10 Chicken Cordon Bleu Wild Rice Mix Chef's Vegetables Tossed Salad Clementine	11 Seafood Pasta Alfredo Roasted Brussels Sprouts Beet Salad Chilled Pears Fruited Muffin
14 Beef & Broccoli Rice Stir-Fry Vegetables Mandarin Oranges Oreos Fruit	15 Egg Salad on Marble Rye Bread Rainbow Slaw Pickles Apple Juice Fresh Fruit	16 Asian Chicken Salad <i>Greens, Chicken, Almonds Mandarin, Crispy Noodles</i> Hawaiian Dinner Roll Strawberry Applesauce Lorna Doone Cookies	17 Baked Ziti & Meat Sauce Italian Vegetables Spinach Salad Raspberry Dressing Croutons Warm Cinnamon Apples	18 Hot Ham & Swiss on Bun Dilly Potatoes Baked Beans Pineapple Brownie Fruit
21 Hearty Chili & Beans Baked Potato Buttered Corn Shredded Cheddar Baker's Choice Fruit	22 Turkey Tetrazzini Sautéed Spinach Grape Tomatoes Banana Nutri-Grain Bar	23 Chef's Salad <i>Turkey, Ham, Cheese Croutons, Egg, 1,000 Island</i> French Bread Juice Tropical Fruit Cocktail	Brunch for Lunch 24 Baked French Toast Sausage Potatoes O'Brien Orange Juice Fruit Cup	25 Glazed Pork Sweet Potatoes Braised Cabbage Dinner Roll Cranberry Fruit Fluff
28 Tuna Salad Kaiser Roll Cucumber Salad Fruit Punch Baby Carrots Fruit	29 Tater Tot Casserole Garlic Green Beans Warm Fruit Compote Wheat Dinner Roll Grapes	30 Bruschetta Chicken Buttered Noodles Country Vegetables Apple Juice Ambrosia	Reservations Required	

= Healthier Dessert

find us on **facebook**

* Menu subject to change without notice

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

SEPTEMBER



Monday	Tuesday	Wednesday	Thursday	Friday
Suggested Contribution 60+ \$3.00	1 Pork Chop Suey Rice Asian Vegetables Carrot Raisin Salad Fresh Orange	2 Taco Salad <i>Meat, Cheese, Lettuce, Tomato, Onion, Taco Sauce</i> Soup du Jour Tortilla Chips Pineapple	3 Turkey Burger on Bun w/Lettuce & Tomato Scalloped Potatoes Calico Beans Fruit Crisp Fruit	4 Stuffed Cabbage Roll Tomato Sauce Mashed Potatoes Mixed Vegetables Chocolate Mousse
CLOSED 7 LABOR DAY	8 Baked Ziti & Meat Sauce Parmesan Cauliflower Spinach Salad Juice Ice Cream Cup Fruit	9 Turkey BLT Salad <i>Turkey, Bacon, Cheese Romaine, Tomato, Ranch</i> Crusty Roll Jello Apple	10 Chicken Cordon Bleu Wild Rice Mix Chef's Vegetables Tossed Salad Clementine	11 A. Fried Fish B. Baked Fish French Fries Peas & Carrots Creamy Coleslaw Applesauce
14 Beef & Broccoli Rice Stir-Fry Vegetables Whole Grain Bread Mandarin Oranges	15 Egg Salad on Marble Rye Bread Rainbow Slaw Grape Tomatoes Chips Mixed Berries	DINE@FIVE 16 Lasagna Green Beans Beet Salad Garlic Bread Fruit Compote	17 Chef's Salad <i>Turkey, Ham, Cheese Croutons, Egg, 1,000 Island</i> Soup du Jour French Bread Melon	18 Hot Ham & Swiss on Bun Dilly Potatoes Baked Beans Cantaloupe Baker's Choice Fruit
21 Hearty Chili & Beans Baked Potato Corn Shredded Cheddar Sour Cream Tropical Fruit Cocktail	22 Glazed Pork Sweet Potatoes Braised Cabbage Dinner Roll Cranberry Fruit Fluff	23 Broasted Chicken A. Dark Meat B. Light Meat Broasted Potatoes Wisconsin Vegetables Cornbread Fruit Cup	24 Baked French Toast Sausage Potatoes O'Brien Orange Juice Peaches	25 Turkey Tetrazzini Sautéed Spinach Side Salad Breadstick Banana
A. Supreme Pizza B. Cheese Pizza Romaine Salad Raw Cauliflower Cran-Apple Juice Grapes	29 Tater Tot Casserole Country Vegetables Multi-Grain Bread Chilled Pears Cookie Fruit	30 Asian Chicken Salad <i>Greens, Chicken, Almonds Mandarin, Crispy Noodles</i> Hawaiian Dinner Roll Grape Juice Orange Sherbet	Reservations Required	

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* Menu subject to change without notice

MILWAUKEE COUNTY SENIOR DINING

FRANKLIN

9229 W. Loomis Road



(414) 427-7696

11:00 For In-Person Dining

SEPTEMBER



Monday	Tuesday	Wednesday	Thursday	Friday
Suggested Contribution 60+ \$3.00	1 Pork Chop Suey Rice Asian Vegetables Carrot Raisin Salad Fresh Orange	2 Taco Salad <i>Meat, Cheese, Lettuce, Tomato, Onion, Taco Sauce</i> Tortilla Chips Cran-Apple Juice Cantaloupe	3 Turkey Burger/Bun Scalloped Potatoes Calico Beans Garden Salad Rice Krispie Treat Fruit	4 Stuffed Cabbage Roll Tomato Sauce Mashed Potatoes Mixed Vegetables Pudding Fruit
CLOSED 7 LABOR DAY	8 Pizza Casserole Parmesan Cauliflower Spiced Peaches Fruit Punch Cookie Fruit	9 Turkey BLT Salad <i>Turkey, Bacon, Cheese Romaine, Tomato, Ranch</i> Crusty Roll Jello Yellow Delicious Apple	10 Chicken Cordon Bleu Wild Rice Mix Chef's Vegetables Tossed Salad Clementine	11 Seafood Pasta Alfredo Roasted Brussels Sprouts Beet Salad Chilled Pears Fruited Muffin
14 Beef & Broccoli Rice Stir-Fry Vegetables Mandarin Oranges Oreos Fruit	15 Egg Salad on Marble Rye Bread Rainbow Slaw Pickles Apple Juice Fresh Fruit	16 Asian Chicken Salad <i>Greens, Chicken, Almonds Mandarin, Crispy Noodles</i> Hawaiian Dinner Roll Strawberry Applesauce Lorna Doone Cookies	17 Baked Ziti & Meat Sauce Italian Vegetables Spinach Salad Raspberry Dressing Croutons Warm Cinnamon Apples	18 Hot Ham & Swiss on Bun Dilly Potatoes Baked Beans Pineapple Brownie Fruit
21 Hearty Chili & Beans Baked Potato Buttered Corn Shredded Cheddar Baker's Choice Fruit	22 Turkey Tetrazzini Sautéed Spinach Grape Tomatoes Banana Nutri-Grain Bar	23 Chef's Salad <i>Turkey, Ham, Cheese Croutons, Egg, 1,000 Island</i> French Bread Juice Tropical Fruit Cocktail	Brunch for Lunch 24 Baked French Toast Sausage Potatoes O'Brien Orange Juice Fruit Cup	25 Glazed Pork Sweet Potatoes Braised Cabbage Dinner Roll Cranberry Fruit Fluff
28 Tuna Salad Kaiser Roll Cucumber Salad Fruit Punch Baby Carrots Fruit	29 Tater Tot Casserole Garlic Green Beans Warm Fruit Compote Wheat Dinner Roll Grapes	30 Bruschetta Chicken Buttered Noodles Country Vegetables Apple Juice Ambrosia	Reservations Required	

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* Menu subject to change without notice

MILWAUKEE COUNTY SENIOR DINING

HART PARK

7300 Chestnut Street



(414) 257-3534

11:00 For In-Person Dining

SEPTEMBER



Monday	Tuesday	Wednesday	Thursday	Friday
Suggested Contribution \$3.00 60+	1 Pork Chop Suey Rice Asian Vegetables Carrot Raisin Salad Fresh Orange	2 Taco Salad <i>Meat, Cheese, Lettuce, Tomato, Onion, Taco Sauce</i> Tortilla Chips Cran-Apple Juice Cantaloupe	3 Turkey Burger/Bun Scalloped Potatoes Calico Beans Garden Salad Rice Krispie Treat Fruit	4 Stuffed Cabbage Roll Tomato Sauce Mashed Potatoes Mixed Vegetables Pudding Fruit
CLOSED 7 LABOR DAY	8 Pizza Casserole Parmesan Cauliflower Spiced Peaches Fruit Punch Cookie Fruit	9 Turkey BLT Salad <i>Turkey, Bacon, Cheese Romaine, Tomato, Ranch</i> Crusty Roll Jello Yellow Delicious Apple	10 Chicken Cordon Bleu Wild Rice Mix Chef's Vegetables Tossed Salad Clementine	11 Seafood Pasta Alfredo Roasted Brussels Sprouts Beet Salad Chilled Pears Fruited Muffin
14 Beef & Broccoli Rice Stir-Fry Vegetables Mandarin Oranges Oreos Fruit	15 Egg Salad on Marble Rye Bread Rainbow Slaw Pickles Apple Juice Fresh Fruit	16 Asian Chicken Salad <i>Greens, Chicken, Almonds Mandarin, Crispy Noodles</i> Hawaiian Dinner Roll Strawberry Applesauce Lorna Doone Cookies	17 Baked Ziti & Meat Sauce Italian Vegetables Spinach Salad Raspberry Dressing Croutons Warm Cinnamon Apples	18 Hot Ham & Swiss on Bun Dilly Potatoes Baked Beans Pineapple Brownie Fruit
21 Hearty Chili & Beans Baked Potato Buttered Corn Shredded Cheddar Baker's Choice Fruit	22 Turkey Tetrazzini Sautéed Spinach Grape Tomatoes Banana Nutri-Grain Bar	23 Chef's Salad <i>Turkey, Ham, Cheese Croutons, Egg, 1,000 Island</i> French Bread Juice Tropical Fruit Cocktail	Brunch for Lunch 24 Baked French Toast Sausage Potatoes O'Brien Orange Juice Fruit Cup	25 Glazed Pork Sweet Potatoes Braised Cabbage Dinner Roll Cranberry Fruit Fluff
28 Tuna Salad Kaiser Roll Cucumber Salad Fruit Punch Baby Carrots Fruit	29 Tater Tot Casserole Garlic Green Beans Warm Fruit Compote Wheat Dinner Roll Grapes	30 Bruschetta Chicken Buttered Noodles Country Vegetables Apple Juice Ambrosia	Reservations Required = Healthier Dessert find us on facebook <i>* Menu subject to change without notice</i>	

MILWAUKEE COUNTY SENIOR DINING

INDIAN COUNCIL OF THE ELDERLY

944 N. 33rd Street

No Reservations



(414) 933-1401

11:00 for In-Person Dining

SEPTEMBER



Monday	Tuesday	Wednesday	Thursday	Friday
First Come First Served <i>Limited to 50</i>	1	2	3 Ham & Scalloped Potatoes Green Beans Dinner Roll Juice Fruit	4 Turkey Tetrazzini Steamed Broccoli Garlic Bread Juice Fruit
CLOSED 7  LABOR DAY	8	9	10 Salisbury Steak Mashed Potatoes Mixed Veggies Juice Fruit	11 Fried Cod Potato Pancake Coleslaw Applesauce Fruit
14 Grilled Chicken Sandwich Macaroni & Cheese Asparagus Juice Fruit	15	16	17 Salmon Wild Rice Sweet Potatoes Juice Fruit	18 Goulash Carrots Garlic Bread Juice Fruit
21 Shepherd's Pie Roasted Broccoli Garlic Bread Juice Fruit	22	23	24 French Dip Au Jus French Fries Veggie Blend Juice Fruit	25 Italian Sausage Spaghetti Italian Green Beans Garlic Bread Fruit
28 Hot Ham & Cheese Tater Tots Broccoli/Cauliflower Salad Juice Fruit	29	30	 Suggested Contribution  60+ \$ 3.00	

MILWAUKEE COUNTY SENIOR DINING

KELLY

6100 S. Lake Drive



(414) 481-9611 x 4

11:00 For In-Person Dining



SEPTEMBER



Monday	Tuesday	Wednesday	Thursday	Friday
Suggested Contribution 60+ \$3.00	1 Pork Chop Suey Rice Asian Vegetables Carrot Raisin Salad Fresh Orange	2 Taco Salad <i>Meat, Cheese, Lettuce, Tomato, Onion, Taco Sauce</i> Tortilla Chips Cran-Apple Juice Cantaloupe	3 Turkey Burger/Bun Scalloped Potatoes Calico Beans Garden Salad Rice Krispie Treat Fruit	4 Stuffed Cabbage Roll Tomato Sauce Mashed Potatoes Mixed Vegetables Pudding Fruit
CLOSED 7 LABOR DAY	8 Pizza Casserole Parmesan Cauliflower Spiced Peaches Fruit Punch Cookie Fruit	9 Turkey BLT Salad <i>Turkey, Bacon, Cheese Romaine, Tomato, Ranch</i> Crusty Roll Jello Yellow Delicious Apple	10 Chicken Cordon Bleu Wild Rice Mix Chef's Vegetables Tossed Salad Clementine	11 Seafood Pasta Alfredo Roasted Brussels Sprouts Beet Salad Chilled Pears Fruited Muffin
14 Beef & Broccoli Rice Stir-Fry Vegetables Mandarin Oranges Oreos Fruit	15 Egg Salad on Marble Rye Bread Rainbow Slaw Pickles Apple Juice Fresh Fruit	16 Asian Chicken Salad <i>Greens, Chicken, Almonds Mandarin, Crispy Noodles</i> Hawaiian Dinner Roll Strawberry Applesauce Lorna Doone Cookies	17 Baked Ziti & Meat Sauce Italian Vegetables Spinach Salad Raspberry Dressing Croutons Warm Cinnamon Apples	18 Hot Ham & Swiss on Bun Dilly Potatoes Baked Beans Pineapple Brownie Fruit
21 Hearty Chili & Beans Baked Potato Buttered Corn Shredded Cheddar Baker's Choice Fruit	22 Turkey Tetrazzini Sautéed Spinach Grape Tomatoes Banana Nutri-Grain Bar	23 Chef's Salad <i>Turkey, Ham, Cheese Croutons, Egg, 1,000 Island</i> French Bread Juice Tropical Fruit Cocktail	Brunch for Lunch 24 Baked French Toast Sausage Potatoes O'Brien Orange Juice Fruit Cup	25 Glazed Pork Sweet Potatoes Braised Cabbage Dinner Roll Cranberry Fruit Fluff
28 Tuna Salad Kaiser Roll Cucumber Salad Fruit Punch Baby Carrots Fruit	29 Tater Tot Casserole Garlic Green Beans Warm Fruit Compote Wheat Dinner Roll Grapes	30 Bruschetta Chicken Buttered Noodles Country Vegetables Apple Juice Ambrosia	Reservations Required find us on facebook <i>* Menu subject to change without notice</i>	

= Healthier Dessert

MILWAUKEE COUNTY SENIOR DINING

MILWAUKEE COMMUNITY CROSSROADS

807 S. 14th Street



(414) 902-5384



11:30 For In-Person Dining

SEPTEMBER



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Tomatillo Chicken Rice & Beans Chayote Side Salad Strawberry Churro	2 Chicken Dumplings Lo Mein Noodles Rice Steamed Vegetables Mandarin Oranges	3 Beef & Broccoli Stir-Fry Mushroom Soup Rice Red Bean Steam Bun Cinnamon Apple Slices	4 Chicken Patty w/Lettuce & Tomato Tater Tots Green Beans Honeydew Melon
CLOSED 7 	8 Fish Sticks Rice Brussels Sprouts Potato Salad Peach Slices	Brunch for Lunch 9 Scrambled Eggs Sausage Links Sautéed Mushrooms Rice Yogurt	10 Fried Chicken Wings Opo Soup Rice Yellow & Green Squash Fresh Fruit	11 Mushroom & Swiss Burger Crinkle Fries Pasta Salad Coleslaw Fruit Fluff
14 Roasted Pork Loin Scalloped Potatoes Wisconsin Vegetables Dinner Roll Ice Cream Sandwich	15 Stuffed Pepper Soup Carrot Coins Garden Salad Cornbread Fresh Fruit	16 Chicken Drumstick Mashed Potatoes & Gravy Sweet Peas Stuffing Diced Pears	17 Shrimp Stir-Fry Napa Cabbage Soup Rice Chocolate Chip Cookie Fresh Orange	18 Homemade Pizza Cauliflower Medley Garden Salad Garlic Bread Pineapple Tidbits
21 Beef Stroganoff Buttered Noodles Squash Medley Dinner Roll Mandarin Oranges	22 Chili w/Beef & Beans Baked Potato Cheddar, Sour Cream Buttered Corn Sherbet	23 BBQ Chicken Macaroni & Cheese Green Beans Dinner Roll Diced Peaches	24 Baked Fish Tofu Soup Rice Chayote Fresh Grapes	25 Bratwurst on Bun Potato Salad Broccoli Rice Watermelon
28 Baked Ham Petite Potatoes Cabbage & Carrots Dinner Roll Oatmeal Cookie Pie	29 Roast Turkey Mashed Potatoes Stuffing Yellow & Orange Carrots Strawberry Applesauce	30 Chicken Fajita Tortilla Rice Street Corn Garden Salad Birthday Cake	* Menu subject to change without notice	

MILWAUKEE COUNTY SENIOR DINING

MUSLIM COMMUNITY & HEALTH CENTER



803 W. Layton Avenue



(414) 552-3337

For Curbside Pickup

SEPTEMBER



Monday	Tuesday	Wednesday	Thursday	Friday
Suggested Contribution 60+ \$3.00	1 Chicken Karahi Rice Mixed Vegetables Butter Naan Juice Fruit	2 Butter Chicken Rice Butter Naan Raita Juice Fruit	3 Grilled Chicken Rice Salad Juice Fruit	4 Fish Fry Potato Wedges Coleslaw Bread Juice Fruit
CLOSED 7 LABOR DAY	8 Chicken Tikka Rice Chana Masala Butter Naan Juice Fruit	9 Chicken Biryani Daal Fry Butter Naan Juice Fruit	10 Cheese Quesadilla Fries Salad Juice Fruit	11 Fish Fry Potato Wedges Coleslaw Bread Juice Fruit
14 Shrimp Fried Okra Salad Juice Fruit	15 Butter Chicken Rice Salad Butter Naan Juice Fruit	16 Chicken Boti Rice Shahi Paneer Butter Naan Juice Fruit	17 Chicken Tacos Tortilla Salad Juice Fruit	18 Fish Fry Potato Wedges Coleslaw Bread Juice Fruit
21 Shawarma Wrap Fries Salad Juice Fruit	22 Chicken Biryani Daal Fry Butter Naan Juice Fruit	23 Chicken Karahi Rice Mixed Vegetables Butter Naan Juice Fruit	24 Grilled Chicken Wrap Fries Salad Juice Fruit	25 Fish Fry Potato Wedges Coleslaw Bread Juice Fruit
28 Fried Chicken Potato Wedges Salad Juice Fruit	29 Chicken Boti Rice Shahi Paneer Butter Naan Juice Fruit	30 Chicken Tikka Rice Chana Masala Butter Naan Juice Fruit	Reservations Required 	

3-DAY NOTICE

* 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

SEPTEMBER



Monday	Tuesday	Wednesday	Thursday	Friday
Contribución Sugerida 60+ \$3.00	1 Turkey & Gravy Primavera Rice Chef's Vegetables Green Salad Peaches	2 Mini Corn Dogs Oven Fries Broccoli Soup Orange Juice Fruit Cocktail	3 Chicken Burrito Mexican Rice Charro Beans Corn Grapes	4 Ground Beef Taco Spanish Rice Refried Beans Lettuce & Tomato Flour Tortilla Diced Pears
CLOSED 7 LABOR DAY	8 Cheeseburger Potato Soup Lettuce, Onion, Tomato Pickles <i>Ketchup, Mustard, Mayo</i> Applesauce	9 Stuffed Pepper Vegetable Soup Dinner Roll Fruit Cup Chocolate Cookie	10 Pork with Green Sauce Puerto Rican Rice Habichuelas Salad Watermelon	11 Meatballs & Marinara Penne Pasta Italian Vegetables Breadstick Grape Juice Apricots
14 Chicken Enchilada Rice Mexican Beans Lettuce & Tomato Apple Juice Pudding	15 Tuna Salad w/Corn, Carrot, Peas Pea Soup Corn Tostada Pineapple Juice Fresh Orange	Mexican Independence Day 16 Beef Barbacoa Taco Mexican Rice Mexican Beans Onion & Cilantro Mixed Berries Arroz con Leche	17 Steak Stir-Fry Brown Rice Carrot Coins Dinner Roll Apple Juice Cookie	18 Chicken Patty on Bun w/Chipotle Mayo Chicken Noodle Soup Lettuce & Tomato Sun Chips Tropical Fruit
21 BBQ Pork Mashed Potatoes Coleslaw Dinner Roll Fruit Cocktail	22 Cheese Quesadilla Beef Soup Mixed Vegetables Salad Melon	23 Asian Chicken Rice Steamed Broccoli Pineapple Sherbet	24 Ground Beef & Veggies Noodle Soup Salad French Bread Peaches Birthday Cake	25 Parmesan Chicken Spaghetti Noodles Green Beans Breadstick Grapes
28 Atún a la Mexicana Mexican Rice Peas Crackers Pineapple Tidbits	29 Vegetable Lasagna Caesar Salad Cherry Tomatoes Garlic Bread Banana	30 Chicken Fajita Arroz Verde Green Salad Flour Tortilla Fresh Pear	Reservations Required find us on facebook	

Para reservar su almuerzo favor de llamar:
414-649-2807

✳ Menu subject to change without notice

MILWAUKEE COUNTY SENIOR DINING

WASHINGTON PARK

4420 W. Vliet Street



(414) 933-2332

11:30 for In-Person Dining



SEPTEMBER



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pork Chop Suey Rice Asian Vegetables Carrot Raisin Salad Fresh Orange	2 Taco Salad <i>Meat, Cheese, Lettuce, Tomato, Onion, Taco Sauce</i> Tortilla Chips Cran-Apple Juice Cantaloupe	3 Turkey Burger/Bun Scalloped Potatoes Calico Beans Garden Salad Rice Krispie Treat Fruit	4 Stuffed Cabbage Roll Tomato Sauce Mashed Potatoes Mixed Vegetables Pudding Fruit
CLOSED 7 	8 Pizza Casserole Parmesan Cauliflower Spiced Peaches Fruit Punch Cookie Fruit	9 Turkey BLT Salad <i>Turkey, Bacon, Cheese Romaine, Tomato, Ranch</i> Crusty Roll Jello Yellow Delicious Apple	10 Chicken Cordon Bleu Wild Rice Mix Chef's Vegetables Tossed Salad Clementine	11 Seafood Pasta Alfredo Roasted Brussels Sprouts Beet Salad Chilled Pears Fruited Muffin
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= Healthier Dessert

find us on **facebook**

* Menu subject to change without notice

MILWAUKEE COUNTY SENIOR DINING

WEST ALLIS

7001 W. National Avenue



(414) 302-8703

11:00 For In-Person Dining

SEPTEMBER



Monday	Tuesday	Wednesday	Thursday	Friday
Suggested Contribution 60+ \$3.00	1 Pork Chop Suey Rice Asian Vegetables Carrot Raisin Salad Fresh Orange	2 Taco Salad <i>Meat, Cheese, Lettuce, Tomato, Onion, Taco Sauce</i> Tortilla Chips Cran-Apple Juice Cantaloupe	3 Turkey Burger/Bun Scalloped Potatoes Calico Beans Garden Salad Rice Krispie Treat Fruit	4 Stuffed Cabbage Roll Tomato Sauce Mashed Potatoes Mixed Vegetables Pudding Fruit
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= Healthier Dessert

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* Menu subject to change without notice

MILWAUKEE COUNTY SENIOR DINING

WILSON PARK

2601 W. Howard Avenue



(414) 282-3284

11:30 for In-Person Dining



SEPTEMBER



Monday	Tuesday	Wednesday	Thursday	Friday
Suggested Contribution 60+ \$3.00	1 Pork Chop Suey Rice Asian Vegetables Carrot Raisin Salad Fresh Orange	2 Taco Salad <i>Meat, Cheese, Lettuce, Tomato, Onion, Taco Sauce</i> Tortilla Chips Cran-Apple Juice Cantaloupe	3 Turkey Burger/Bun Scalloped Potatoes Calico Beans Garden Salad Rice Krispie Treat Fruit	4 Stuffed Cabbage Roll Tomato Sauce Mashed Potatoes Mixed Vegetables Pudding Fruit
CLOSED 7 LABOR DAY	8 Pizza Casserole Parmesan Cauliflower Spiced Peaches Fruit Punch Cookie Fruit	9 Turkey BLT Salad <i>Turkey, Bacon, Cheese Romaine, Tomato, Ranch</i> Crusty Roll Jello Yellow Delicious Apple	10 Chicken Cordon Bleu Wild Rice Mix Chef's Vegetables Tossed Salad Clementine	11 Seafood Pasta Alfredo Roasted Brussels Sprouts Beet Salad Chilled Pears Fruited Muffin
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= Healthier Dessert

find us on **facebook**

* Menu subject to change without notice

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.*



Now Open for Senior Dining
Thursdays 11:00 AM - 2:00 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

SEPTEMBER



Monday	Tuesday	Wednesday	Thursday	Friday
 \$4.00 SUGGESTED CONTRIBUTION	1 Pork Chop Suey Rice Asian Vegetables Carrot Raisin Salad Fresh Orange	2 Taco Salad <i>Meat, Cheese, Lettuce, Tomato, Onion, Taco Sauce</i> Tortilla Chips Cran-Apple Juice Cantaloupe	3 Turkey Burger/Bun Scalloped Potatoes Calico Beans Garden Salad Rice Krispie Treat ❤️ Fruit	4 Stuffed Cabbage Roll Tomato Sauce Mashed Potatoes Mixed Vegetables Pudding ❤️ Fruit
CLOSED 7  LABOR DAY	8 Pizza Casserole Parmesan Cauliflower Spiced Peaches 🍷 Fruit Punch Cookie ❤️ Fruit	9 Turkey BLT Salad <i>Turkey, Bacon, Cheese Romaine, Tomato, Ranch</i> Crusty Roll Jello Yellow Delicious Apple	10 Chicken Cordon Bleu Wild Rice Mix Chef's Vegetables Tossed Salad Clementine	11 Seafood Pasta Alfredo Roasted Brussels Sprouts Beet Salad Chilled Pears Fruited Muffin
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❤️ = Diabetic Dessert

* Menu subject to change without notice

MILWAUKEE COUNTY

MEALS ON WHEELS



(414) 358-6527

SEPTIEMBRE



Lunes	Martes	Miércoles	Jueves	Viernes
\$4.00 Contribución Sugerida	1 Chuletas de cerdo Arroz Verduras asiáticas Ensalada de zanahoria con pasas Naranja	2 Ensalada de tacos Tortilla Chips 🍷 Zumo de Cran-Apple Melón	3 Hamburguesa de pavo Patatas Gratinadas Frijoles de calicó Ensalada de huerto Delicia de Rice Krispie ❤️ Fruta	4 Rollito de col relleno Salsa de tomate Puré de patatas Verduras mixtas Pudín ❤️ Fruta
CERRADO 7 LABOR DAY	8 Cazuela de pizza Parmesano Coliflor Melocotones especiados 🍷 Ponche de frutas Galleta ❤️ Fruta	9 Ensalada BLT de pavo Panecillo Gelatina Manzana Amarilla Deliciosa	10 Pollo Cordon Bleu Mezcla de arroz silvestre Verduras del Chef Ensalada mixta Clementina	11 Pasta de marisco Alfredo Coles de Bruselas Ensalada de remolacha Peras frías Magdalena Fruto
14 Ternera y brócoli Arroz Salteado de verduras Mandarinas Oreos ❤️ Fruta	15 Ensalada de huevo Pan de centeno mármol Ensalada arcoíris Pepinillos 🍏 Zumo de manzana Fruta fresca	16 Ensalada asiática de pollo Panecillo hawaiano Compota de manzana Galletas Lorna Doone	17 Ziti horneado Verduras italianas Ensalada de espinacas Aderezo de frambuesa Crutones Manzanas con canela	18 Jamón y suizo Patatas Dilly Alubias al horno Piña Brownie ❤️ Fruta
21 Chili y alubias Patata asada Maíz Cheddar rallado La elección del panadero ❤️ Fruta	22 Tetrazzini de pavo Espinacas salteadas Tomates Uva Plátano Nutri-Grain Bar	23 Ensalada del Chef Pan francés 🍷 Zumo Cóctel de frutas tropicales	24 Tostadas francesas al horno Salchicha Patatas O'Brien 🍊 Zumo de naranja Copa de Frutas	25 Cerdo glaseado Batatas Col estofada Panecillo Pelusa de fruta
28 Ensalada de atún Kaiser Roll Ensalada de pepino 🍷 Ponche de frutas Zanahorias Fruta	29 De patata a cazueula Judías verdes con ajo Compota de frutas Panecillo de trigo Uvas	30 Pollo Brushetta Fideos con mantequilla Verduras rurales 🍏 Zumo de manzana Ambrosia	Goodwill Greater Milwaukee & Chicago MEALS ON WHEELS ❤️ = Postre diabético ✳️ Menú sujeto a cambios	

MILWAUKEE COUNTY SENIOR DINING



American Heart Association
Healthy for Good™

Sleep Well



Do you feel drained of energy before you even leave the house? You're not alone. More than one in three adults don't get the recommended seven to nine hours of sleep each night — and that can take a toll on your body and mind.

Making some small changes in your daily habits could make a big difference in your overall health. Try these snooze-worthy tips and tricks with your family and friends for four weeks.



Week 1

Be active during the day to help reduce stress and sleep better.

- Add physical activity into your daily routine. Walking counts! It can relieve stress, boost brain function (including your memory and attention) and help you sleep better at night.
- Try mindfulness, meditation or deep breathing to manage stress.
- Try working out earlier in the day and doing some relaxing yoga in the evening if exercising too close to bedtime keeps you awake.



Week 2

Establish a nighttime routine including a bedtime alarm.

- Go to bed and wake up at about the same time each day to sleep better.
- Set a daily bedtime alarm, counting backwards seven to 10 hours from your ideal waking time.
- Choose sleep over getting one more thing done. Good sleep can help you be more productive and accomplish more during the day.



Week 3

Create a morning routine with a positive activity.

- Start your morning with a healthy activity such as a walk around the block, meditation, gratitude journaling or yoga. Looking forward to a few moments of "me time" could make it easier to get up.
- Break the snooze button habit. Sleeping past your alarm can make you groggier in the morning.
- Try habit chaining. Connect a new habit to something you do automatically every morning. For example, do a few yoga moves right after you brush your teeth.



Week 4

Wind down tech-free at bedtime.

- Charge your phone and other devices away from your bed.
- Try reading, listening to music or catching up on a podcast instead of scrolling and swiping into the night. Blue light from devices could be sabotaging your sleep cycle.
- Go low-tech. Try an old-school alarm clock and stash a pen and notepad by your bed so you don't reach for your phone when inspiration strikes.

If you've tried everything and still can't sleep well, you may have a sleep disorder. Talk to your doctor or health care professional.

Learn more about improving your sleep and health at heart.org/HealthyForGood.

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county.milwaukee.gov/aging

MILWAUKEE COUNTY SENIOR DINING



American Heart Association.
Healthy for Good™

Duerme bien



¿Sientes que no tienes energía incluso antes de salir de tu casa? No eres el único. **Más de uno de cada tres adultos no duerme de 7 a 9 horas, como se recomienda, cada noche**, lo que puede afectar el cuerpo y la mente.

Realizar algunos pequeños cambios en tus hábitos diarios puede marcar una gran diferencia en tu salud general. Durante cuatro semanas, prueba con tu familia y amigos estos trucos y consejos que sí vale la pena repetir.



Semana 1

Mantente activo durante el día para disminuir el estrés y dormir mejor.

- Incorpora actividad física en tu rutina diaria. ¡Caminar sí cuenta! Puede aliviar el estrés, estimular la función cerebral (incluida la memoria y la atención) y ayudarte a dormir mejor durante la noche.
- Prueba la conciencia plena, la meditación o la respiración profunda para lidiar con el estrés.
- Hacer ejercicio muy cerca de la hora de dormir te mantiene despierto; por ende, es mejor si intentas entrenar más temprano durante el día y practicas yoga de relajación en la tarde.



Semana 3

Crea una rutina matutina con una actividad positiva.

- Comienza tu mañana con una actividad saludable como un paseo corto, una meditación, un diario de gratitud o una sesión de yoga. Esperar con ansias el poder tener unos momentos de "tiempo para mí" podría hacer que sea más fácil levantarse.
- Deja el hábito de posponer la alarma. Seguir durmiendo luego de que suena la alarma puede hacerte más somnoliento durante la mañana.
- Intenta enlazar tus hábitos. Conecta el nuevo hábito con algo que haces automáticamente cada mañana. Por ejemplo, haz algunas posturas de yoga justo después de lavarte los dientes.



Semana 2

Establece una rutina nocturna, con una alarma para acostarte incluida.

- Acuéstate y despiértate a la misma hora todos los días para dormir mejor.
- Pon una alarma diaria para irte a la cama. Cuenta hacia atrás entre 7 y 10 horas (según el tiempo de descanso que necesites) desde tu hora ideal para despertarte.
- Elige dormir en vez de hacer una cosa más. Un sueño reparador puede ayudarte a ser más productivo y lograr más durante el día.



Semana 4

Desconéctate de la tecnología a la hora de dormir.

- Carga tu teléfono y otros dispositivos lejos de tu cama.
- Intenta leer, escuchar música o ponerte al día con un podcast en lugar de "desplazarte" y "deslizarte" por la pantalla hacia el desvelo. El brillo de la luz azul podría estar saboteando tu ciclo de sueño.
- Cámbiate a una tecnología más básica. Prueba con un reloj despertador al estilo antiguo y mantén un lápiz y una libreta junto a tu cama para que no tomes tu teléfono cuando te llegue la inspiración.

Si has probado todo y aún no puedes dormir bien, es posible que tengas un trastorno del sueño. Habla con tu médico o profesional de la salud.

Obtén más información sobre cómo mejorar tu sueño y tu salud en heart.org/HealthyForGood

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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?	
① A condition or illness changes the kind/amount of food I eat				2	0	☐ Friend/Family	
② I eat fewer than 2 meals each day				3	0	☐ Facebook	
③ I eat few fruits, vegetables or milk products				2	0	☐ Health Provider	
④ I have 3+ drinks of beer, wine or liquor each day				2	0	☐ Newspaper	
⑤ Tooth or mouth problems make it hard to eat				2	0	☐ Internet	
⑥ I don't always have enough money to buy food				4	0	☐ Email	
⑦ I eat alone most of the time				1	0	☐ US Mail	
⑧ I take 3+ prescribed/over-the-counter medications				1	0	☐ Church	
⑨ Unintentionally, lost/gained 10 pounds in 6 months				2	0	☐ Senior Center	
⑩ Not always physically able to cook or feed myself				2	0	☐ Other _____	
NUTRITION RISK LEVEL: 0-2 LOW 3-5 MODERATE 6+ HIGH						Under 60? 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 _____	

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.