



AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND MEALS ON WHEELS MENU FEBRUARY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Hot Dog on a Bun Potato Wedges ketchp Sunshine Carrots Spinach Salad w/French Dressing Diced Peaches Lemon Bar Alt: Fresh Fruit	Oven Baked Ham Scalloped Potatoes Green / Wax Beans Wheat Bread w/ butter Kitchen choice fruit Oatmeal Raisin Cookie Alt: Sugar Free Cookie
5	6	7	8	9
Swedish Meatballs over Buttered Noodles Capri Blend Vegetables Tomato Juice Wheat Dinner Roll w/Butter Fresh Orange	Oven Roasted Pork Scalloped Potatoes 5 way-Mixed Vegetables Cranberry Relish Wheat Bread w/butter	Meatloaf w/Gravy Garlic Mashed Potatoes and Gravy Dilled Carrots 7 Grain Bread w/Butter Diced Peaches Tapioca Pudding Alt: Sugar Free Pudding	Baked Chicken Quarter Herb Stuffing Seasoned Grn Beans Beet & Onion Salad Dinner Roll w/Butter Fruit Cocktail Kitchen Choice Cookie Alt: Sugar Free Cookie	Salisbury Steak Rice Pilaf Steamed Broccoli Corn & Bean Salad Wheat Roll w/Butter Banana Frosted Cake Alt: Fresh Fruit
12	13	14	15	16
Pork Cutlet Quartered Red Potatoes w/ butter Buttered Sweet Corn Bread w/ butter Peach Half Alt. Fruit Cocktail	Fat Tuesday Mild Sausage Jambalaya Creole Wax Beans Seasoned Black-Eyed Peas Dinner Roll w/ butter Fresh Apple Paczki	Be Our Valentine Veggie Lasagna Capri Blend Vegetable Romaine Salad w/Italian Dressing Wheat Dinner Roll butter Fruit Compote Strawberry Cream Pie Alt: Fresh Fruit	Cranberry Glazed Oven Roasted Pork Au Gratin Potatoes Peas & Pearl Onions Broccoli Salad 7-Grain Bread Butter Kitchen Choice Fresh Fruit Alt: Fresh Orange	Crab Pasta Salad Tomato / Onion Salad Fresh Banana Dinner Roll w/ Butter Chocolate Cream Pie Alt: Fruit
19	20	21	22	23
Sweet & Sour Chicken With Green Peppers, Onions, and Pineapple Brown Rice Oriental Blend Veg Mandarin Oranges Dinner Roll w/ Butter Fortune Cookie	Herbed Chicken Breast on a Hard Roll w/Lettuce & Tomato Mayonnaise packet Green Beans Broccoli Salad Diced Peaches	Oven Roasted Ham Buttered Baby Bakers Stewed Tomatoes Three Bean Salad Wheat Bread w/ Butter Seasonal Fresh Fruit Chocolate cake Alt. Fruited Yogurt	Gen. Washington BDay Baked Chicken Quarter Mashed Sweet Potatoes Spinach Salad Drssng Dinner Roll w/ butter Fresh Orange Cherry Pie Alt. Fruit	Sloppy Joe Whole Wheat Bun American Potato Salad Carrot Raisin Salad Rice Krispies Treat Diced Pears Alt. Fruited Yogurt
26	27	28	29	
BBQ Meatballs Mashed Potatoes w/ Gravy 5-Way Mixed Vegetable Rye Bread w/ butter Apricots	Creamy Chicken over Cranberry Wild Rice California Blend Veg Mixed Green Salad w/ Dressing Whole Dinner Roll w/ butter Peaches	Hungarian Goulash On Buttered Noodles Harvard Beets Peas & Carrots Rye Bread w/ butter Grapes Ice Cream Cup Alt. Sugar Free Ice Crm	Roast Beef Garlic Mashed Potatoes w/ Gravy Seasoned Green Beans Italian Bread w/ butter Fresh Fruit Frosted Cake Alt: Banana	

SENIOR DINING AND MEALS ON WHEELS MENU MARCH 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Macaroni & Cheese Cottage Cheese Stewed Tomatoes Romaine Salad Drsng Italian Bread / butter Pineapple Chef's Choice Cookie Alt. Fresh Pear
4	5	6	7	8
Herbed Chicken Breast Squash Veg Medley Black Beans and Rice Dinner Roll w/ butter Fruit Cocktail Lime Gelatin Alt. Sugar Free Gelatin	Bratwurst on a bun Ketchup & mustard pkt Dill Cucumber Salad American Potato Salad Mandarin Oranges Iced Brownie Alt: Sugar Free Cookie	Stuffed Cabbage Roll Mashed Potatoes gravy Harvard Beets Rye Bread w/ butter Cranberry Juice Tapioca Pudding Alt. Sugar Free Pudding	French Dip Au Jus Sub Roll Italian Blend Veg Marinated Veg Salad Fresh Apple Cherry Crisp Alt: Fruit	Apple Cranberry Chicken Salad Flaky Croissant Sun Chips Broccoli Salad Tomato Juice Rice Krispies Treat Alt: Banana

PLEASE NOTE: MENU SUBJECT TO CHANGE WITHOUT NOTICE; 1% MILK INCLUDED; ALT= LOW SUGAR ALTERNATIVE

Reservations for in person dining are required at least ONE BUSINESS DAY in advance.	OVER
For home-delivered meal inquiries, please call our main office at 262-548-7826	
Visit our website at: www.waukeshacounty.gov	
BROOKFIELD Brookfield Community Center 2000 North Calhoun Rd (262) 782-1636 OPEN: Mon - Friday	
MEMONONE FALLS Menomonee Falls Community Center W152 N8645 Margaret (262) 251-3406 OPEN: Mon - Friday	
MUKWONAGO Birchrock Senior Apts 280 Birchrock Way (262) 363-4458 OPEN: Mon-Thursday	

PORTION SIZES

We’ve all heard it; whether we’ve actually heard it in person or on a funny TV program: “*would you like to jumbo-size your order?*” and “*You can upgrade to a large fry and soda for only 25 cents more...*”

It seems more like a punchline these days, but reality is we have become accustomed to receiving – and often eating – way more than our bodies need. Especially “empty” calories, or calories from foods that do little to nourish our bodies, like french fries and soda pop.

We have reached a point in the Unites States where few people even know what a proper serving for a food is. Based on an *approx.* 1800 calorie diet, our **daily** intake should be:

8 servings of carbohydrates	6 -1oz servings (6oz total) of high-value protein
4-5 servings of vegetables	3 servings of fruit
2-3 servings of milk	4-5 servings of fat

So what’s a serving?...

- **1 serving of carboyhrates** = 1/3 cup cooked rice; 1/2 cup pasta; 1/2 bagel; 1 slice of bread; ½ hamburger bun. 1 ounce of snacks such as chips or pretzels is a rounded handful, or a small snack bag. A medium baked potato is about the size of a computer mouse. One serving of a pancake or waffle is like a compact disc.
- **Protein / meat** = 1 ounce of meat, 1 oz of cheese, 1/4 cup cottage cheese. A 3-oz portion of meat or poultry is about the size of the palm of your hand or a deck of cards
- **1 serving of milk** = 8oz, or 1 fluid cup
- **1 serving of vegetables** = 1/2 cup cooked; 1 cup raw leafy greens
- **1 serving of fruit** = 1 small to medium fresh fruit; 1/2 cup canned fruit or fruit juice; 1/4 cup dried fruit. One medium apple or orange is about the size of a tennis ball. One-quarter cup of dried fruit is about the size of a golf ball
- **1 serving of fat** = 1 teaspoon of regular butter, margarine or vegetable oil; 1 tablespoon regular salad dressing; 1 slice of bacon; 6 almonds or cashews; 10 peanuts

Use MyPlate as your guide to find balance with your meals, make half or more of your plate low-starch vegetables, make half or more of your grains whole grains, and watch those portions!

eservations for in
person dining are
required at least **ONE**
BUSINESS DAY in
advance.

To reserve a seat,
please call your
dining center between
9:00 and 11:00 am,
Mon.-Fri.

For home-delivered
meal inquiries, please
call our main office at
262-548-7826

Visit our website at:
www.waukeshacounty.gov

NEW BERLIN
!! NOW OPEN !!
Our Lords Methodist
5000 Sunny Slope Rd
(414) 529-8320

OCONOMOWOC
Oconomowoc
Community Center
220 W. Wisconsin Ave
(262) 567-5177
OPEN: Mon - Friday

SUSSEX
Sussex Civic Center
N64 W23760 Main St
(262) 246-6747
OPEN: Mon - Friday

WAUKESHA LA CASA
VILLAGE
1431 Big Bend Rd
(262) 547-8282
OPEN: Mon - Friday