

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND MEALS ON WHEELS MENU March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
BBQ Riblet American Potato Salad Seasoned Green Beans Whole Wheat Bread/butter Mixed Fruit Cup	Fat Tuesday Chicken & Sausage Jambalaya Honey Glazed Carrots Seasoned Black Eyed Peas Pear Half Biscuit/butter Paczki	Lightly Breaded Cod with tartar sauce Hashbrown with Ketchup Cucumber Salad Marble Rye Bread/butter Applesauce Chocolate Milk	Meat Lasagna Italian Blend Vegetables Spinach Salad with Italian Dressing Seasonal Fruit	Cream of Broccoli Soup with crackers Sweet & Sour Meatballs Pea & Cheese Salad Wheat Dinner Roll/Butter Fruit Cocktail Chocolate Chip Cookie Alt: Diet Cookie
10	11	12	13	14
Chicken Breast in Garlic Sauce Buttered Red Potatoes Brussel Sprouts Peach Half Wheat Bread/butter Ice Cream Cup	Ground Beef with Broccoli over Brown Rice Veggie Egg Roll with Sweet & Sour Baby Carrots with Ranch Chef's Choice Fruit Snickerdoodle Cookie Alt: Diet Cookie	Sliced Pork with Cranberry Glaze Scalloped Potatoes Green & Yellow Beans Sourdough Bread/butter Fresh Apple	BBQ Chicken Quarters Sweet Potatoes Chickpea Salad Whole Wheat Bread/butter Pear Half	Seafood Pasta Salad Broccoli Salad Mandarin Oranges Crusty Roll/butter Banana Cake Alt: Diet Pudding
17	18	19	20	21
St. Patty's Day Corned Beef Sandwich with sauerkraut on Rye Buttered Red Potatoes with sour cream Crinkle Cut Carrots Green Apple Jello Alt: Diet Jello	Roast Turkey in gravy Herbed Stuffing Green Beans Beet Salad Whole Wheat Bread with butter Seasonal Fresh Fruit Chocolate Milk	Mushroom Swiss Burger on a Bun Ketchup/Mustard Ranch Potato Wedges Mediterranean Black-Eyed Pea Salad Mixed Berries	Chicken ala King over a Biscuit Pacific Blend Vegetables Corn Firenze Salad Banana	Smothered Pork Loin Twice Baked Mashed Potatoes Creamed Spinach Fruit Cocktail Nine Grain Bread/butter Butterscotch Pudding Alt: Diet Pudding
24	25	26	27	28
Oven Baked Ham Roasted Sweet Potatoes Steamed Broccoli Pear Half Marble Rye Bread/butter Tapioca Pudding Alt: Diet Pudding	Tuscan Chicken Pasta Green Beans Romaine Lettuce Salad with Italian Dressing Cantaloupe Cubes Peanut Butter Cookie Alt: Diet Cookie	Yankee Pot Roast with celery and onion Parslied Potatoes Peas & Carrots Multigrain Bread/butter Fruit Compote	Sloppy Joe on a Wheat Bun Tri-Tater with Ketchup Calico Beans Mandarin Oranges Cherry Pie Alt: Peaches	Tuna Pasta Salad Grape Tomatoes Cucumber Salad Seasonal Fruit Whole Wheat Roll/butter Banana Muffin/butter
31				
Brewer's Opening Day Brat on a Bun with Sauerkraut Ketchup/Mustard American Potato Salad Baked Beans Watermelon Cubes Ice Cream Cup				

SENIOR DINING AND MEALS ON WHEELS MENU April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Butternut Squash Soup with Crackers BBQ Pulled Pork on a Wheat Bun Creamy Coleslaw Seasonal Fresh Fruit	BLT Chicken Pasta Salad Mixed Greens with Grape Tomatoes and French dressing Marinated Veggie Salad Crusty Roll with butter Ambrosia Salad	Salisbury Steak with Gravy Garlic Mashed Potatoes Maple Glazed Carrots Pear Half Multigrain Bread/butter Frosted Brownie Alt: Diet Jello	Chicken Noodle Casserole California Blend Florentine Dilled Cucumber Salad Chilled Pears Snickerdoodle Cookie Alt: Diet Cookie
7	8	9	10	11
Chicken & Brown Rice Au gratin Casserole Caribbean Blend Veggies Grape Tomatoes Biscuit/butter Mandarin Oranges	Marinara Meatball Sub Green & Yellow Beans Couscous Salad Fruit Cocktail Danish Alt: Diet Pudding	Beef Stroganoff over Noodles Buttered Corn Fresh Carrots with Ranch Seasonal Fresh Fruit Chocolate Milk	Hearty Sausage and Lentil Stew Buttered Red Potatoes Country Mix Veggies Whole Wheat Roll/butter Pears	Cheese Filled Lasagna Rollup with Marinara Italian Blend Veggies Spinach Salad with Vinegarette Dressing Italian Bread/butter Cantaloupe Cubes Ice Cream Cup

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

<p>MUKWONAGO Birchrock Senior Apts 280 Birchrock Way (262) 363-4458 OPEN: Mon-Thursday</p>	<p>MENOMONEE FALLS Menomonee Falls Community Center W152 N8645 Margaret (262) 251-3406 OPEN: Mon - Friday</p>	<p>BROOKFIELD Brookfield Community Center 2000 North Calhoun Rd (262) 782-1636 OPEN: Mon - Friday</p>	<p>Visit our website at: www.waukeshacounty.gov</p>	<p>For home-delivered meal inquiries, please call our main office at 262-548-7826</p>	<p>To reserve a seat, please call your dining center between 9:00 and 11:00 am, Mon.-Fri.</p>	<p>Reservations for in person dining are required at least ONE BUSINESS DAY in advance.</p>	<p>OVER</p>
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Eating Right for Older Adults

Source: Academy of Nutrition and Dietetics

Healthy eating is recommended throughout life, but as we age certain factors can affect our nutrient needs. Choosing a variety of foods from all the food groups (vegetables, fruits, grains, dairy and protein foods) will help you build a healthy eating routine. The following tips can help you get started on your way to eating right.

Make half your plate fruits and vegetables. Eat a variety of different colored vegetables, including ones that are dark-green, red, and orange. Beans, peas, and lentils are also good choices. Fresh, frozen, and canned vegetables can all be healthful options. Look for “reduced sodium” or “no-salt-added” on the labels. Add fruit to meals, snacks or as dessert. Choose fruits that are dried, frozen, or canned in water or 100% juice, as well as fresh fruits.

Make at least half your grains whole. Choose breads, cereals, crackers, and noodles made with 100% whole grains. Whole grain corn tortillas, brown rice, bulgur, millet, amaranth and oats all count as whole grains, too. Also, look for fiber-rich cereals to help stay regular and cereals that are fortified with vitamin B12, which is a nutrient that decreases in absorption as we age or due to some medications.

Switch to fat-free or low-fat milk, yogurt and cheese. Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

Eat a variety of foods from the protein food group each week. In addition to lean meat, poultry and eggs, choose seafood, nuts, beans, peas, and lentils when planning your meals. Spread your protein intake throughout the day by including a source with meals and snacks. Protein foods derived from animal sources also provide vitamin B12, and certain plant-based foods may be fortified.

Limit sodium, saturated fat and added sugars. Look out for salt, or sodium, in foods you eat. Compare sodium in the foods you buy and choose those with lower amounts. Add spices or herbs to season food without adding salt. Switch from solid fats to oils when preparing foods. Make major sources of saturated fats occasional choices, not everyday foods. Examples of these include desserts, fried foods, and processed meats like sausages and hot dogs. Select fruit for dessert more often in place of treats with added sugars.

Drink plenty of water throughout the day to help prevent dehydration and promote good digestion. Other beverages that can help meet fluid needs include unsweetened beverages, like low-fat and fat-free milk, fortified soy beverages, and 100-percent fruit juices. Choose these more often in place of sugary drinks.

Enjoy your food but be mindful of portion sizes. Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using smaller plates, bowls and glasses.

reservations 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

OCCONOMOWOC
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