




AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND MEALS ON WHEELS MENU February 2025

| Monday 3 | Tuesday 4 | Wednesday 5 | Thursday 6 | Friday 7 |
|--|---|---|--|--|
| Turkey Tetrazzini Winter Blend Veggies Baby Carrots with Ranch Wheat Dinner Roll/butter Tropical Fruit Cup | Chili with beans, Sour Cream Wax Beans Mixed Greens with Kale & French dressing Sourdough Bread with butter Orange | Roast Beef and Cheddar on Hoagie Roll Au Gratin Potatoes Creamy Cucumber Salad Mixed Fruit Cup Rice Krispie Treat Alt: Diet Cookie | Chicken Zucchini Casserole Diced Squash Italian Beans Multigrain Bread/butter Cranberry Compote | Scalloped Potatoes with Diced Ham Peas & Pearl Onions Fruit Cocktail Rye Bread/butter Ice Cream Cup |
| 10 | 11 | 12 | 13 | 14 |
| Creamy Baked Chicken Breast Mashed Potatoes Harvard Beets Chef's Choice Fruit Multigrain Bread/butter Chocolate Chip Cookie Alt: Diet Cookie | Pork Cutlet in light gravy Cubed Sweet Potatoes French Cut Green Beans 9-Grain Bread/butter Citrus Fruit Salad | Ham and Bean Soup Macaroni & Cheese Stewed Tomatoes Dinner Roll/butter Peach Half Banana Pudding Alt: Diet Pudding | Pub Burger with Provolone on a Bun Ketchup/Mustard Hashbrown Patty Creamed Corn Seasonal Fresh Fruit Chocolate Milk | Happy Valentine's Day Chicken Cordon Bleu Wild Rice with Sauce Prince Edward Veg Broccoli Salad Fruit cup Wheat Dinner Roll/butter Chef's Choice Dessert |
| 17 | 18 | 19 | 20 | 21 |
| Pork Chop Suey with Veggies over Brown Rice Capri Vegetable Blend Chilled Pineapple Fruited Jello Alt: Diet Jello | Whole Wheat Spaghetti with Meat Sauce Italian Beans Mixed Greens with Grape Tomatoes and French dressing Breadstick/butter Mandarin Oranges Chocolate Milk | Crustless Chicken Pot Pie over a Biscuit Winter Blend Veggies Baby Carrots with Ranch Pear Half Butterscotch Pudding Alt: Diet Pudding | National Muffin Day Breakfast Omelet with Cheese Sauce Sausage Patty Breakfast Potatoes with peppers & onions Banana Blueberry Muffin/butter | Open Faced Hot Turkey Sandwich with gravy on Whole Wheat Twice Baked Mashed Potatoes Corn and Edamame Salad Grapes |
| 24 | 25 | 26 | 27 | 28 |
| Salisbury Steak in gravy Garlic Mashed Potatoes Tri-Bean Salad Multigrain Bread/butter Seasonal Fresh Fruit Chocolate Milk | St Louis Style Pork Loin Au Gratin Potatoes Green Beans Tomato & Onion Salad 9-Grain Bread/butter Apple | Swedish Meatballs over Noodles Mixed Vegetables Cold Beet Salad Peaches Peanut Butter Cookie Alt: Diet Cookie | National Chili Day White Chicken Chili Southwest Corn Romaine Lettuce Salad with Ranch Dressing Cornbread Muffin/Butter Honeydew Cubes | Italian Sausage with Marinara, Onions & Peppers on a Bun Chef's Choice Vegetable Veggie Pasta Salad Apple Pie Alt: Fresh Apple |
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SENIOR DINING AND MEALS ON WHEELS MENU March 2025

| Monday 3 | Tuesday 4 | Wednesday 5 | Thursday 6 | Friday 7 |
|--|--|---|--|---|
| BBQ Riblet American Potato Salad Seasoned Green Beans Multigrain Bread/butter Mixed Fruit Cup | Fat Tuesday Chicken & Sausage Jambalaya Honey Glazed Carrots Black Eyed Pea Salad Pear Half Biscuit/butter Paczki | Lightly Breaded Cod with tartar sauce Potato Pancakes Cucumber Salad Marble Rye Bread/butter Applesauce | Meat Lasagna Italian Blend Vegetables Spinach Salad with Italian Dressing Seasonal Fruit Chocolate Chip Cookie Alt: Diet Cookie | Cream of Broccoli Soup with crackers Sweet & Sour Meatballs Country Mix Veggies Wheat Dinner Roll/Butter Fruit Cocktail Chocolate Milk |
| 10 | 11 | 12 | 13 | 14 |
| Chicken Breast in Garlic Sauce Buttered Red Potatoes Brussel Sprouts Peach Half Multigrain 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 Buttermilk Biscuit/butter Pear Half | Fish Patty on a Wheat Bun with Tartar Sauce Potato Wedges/ketchup Creamy Coleslaw Mandarin Oranges Brownie Alt: Diet Pudding |

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

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| <p>MUKWONAGO Birchrock Senior Apts 280 Birchrock Way (262) 363-4458 OPEN: Mon-Thursday</p> | <p>MEMONONE FALLS Memomone 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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Preparing for Winter Emergencies: Stocking Up on Essential Supplies

Winter weather can bring a variety of challenges, including heavy snowfall, extreme temperatures, icy roads, storms, and power outages. Because we can't always predict when these emergencies might occur, it's important to be prepared—especially for those who rely on Home Delivered Meals and Senior Dining Sites, which may be closed or delayed due to inclement weather.

To ensure you're ready for any unexpected disruptions, we encourage everyone to store a supply of non-perishable food. These are foods that can be kept in your pantry and require little to no cooking, making them perfect for situations where you can't rely on regular meal deliveries or access to fresh foods.

What Emergency Foods Should You Keep in Your Pantry?

Non-perishable items are key to weathering any storm, and there are plenty of options to choose from. Here are some essential food items to keep in your emergency stockpile:

- **Canned Foods:** Stock up on canned soups, chili, vegetables, fruits, beans, and meats. These foods can last for months or even years, and they often require minimal preparation. Be sure to have a manual can opener on hand!
- **Grains:** Rice, pasta, oatmeal, and instant noodles and macaroni and cheese are easy to store and don't require refrigeration or special preparation.
- **Shelf-Stable Dairy or High Protein Drinks**
- **Peanut Butter and Nut Butters:** High in protein and calories, these are great for providing energy when fresh food is scarce.
- **Cereals, Protein bars and Granola Bars:** These are easy to store and provide a quick, nutritious snack.
- **Crackers and Biscuits:** These are great for pairing with canned soups or just as a snack on their own.
- **Dried Fruits and Nuts or Trail Mixes**
- **Canned or Instant Coffee and Tea:** If you're someone who enjoys a warm beverage, keep a supply of these items on hand.

Don't Forget Water

In addition to food, water is a crucial supply to have on hand. During a power outage, water wells may not work, and municipal water supplies can become contaminated or unavailable. It's recommended to store several gallons of water for drinking and cooking, ideally one gallon per person per day for at least three days. If your home uses a well, a backup water supply is even more important. If you have a reservoir, you can count on having some water until it runs out, but it's still best to keep a few gallons on hand just in case.

Keep It Fresh

When you're building your emergency stockpile, remember to check expiration dates regularly—every six to twelve months is a good rule of thumb. You want to make sure that when an emergency strikes, your supplies are still safe to eat. And don't forget other essentials, like a manual can opener, because all the non-perishable food in the world won't help if you can't get into the cans!

By taking these steps to prepare for unexpected weather or emergencies, you can ensure that you have enough food and water to last during difficult times. It's important to always be prepared, and stocking up on these basic supplies will give you peace of mind when the meal program needs to close. Stay safe, stay prepared, and remember—emergencies can happen at any time. We're here to support you through any situation that comes your way.

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

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