



AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND MEALS ON WHEELS MENU MAY 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
|  |  | 1 | 2 | 3 |
| | | Chicken Salad on Pita Bread Lettuce and Tomato Italian Tomato & Onion Salad Fruit Cocktail Iced Brownie Alt: Banana | Beef Tips with Mushrooms Mashed Potatoes & Gravy Green Beans Multigrain roll/ Butter Honeydew Melon | Roast Turkey Herbed Stuffing Creamed Corn Spinach Salad w/ Dressing Nine Grain Bread/Butter Banana |
| 6 | 7 | 8 | 9 | 10 |
| Breakfast Omelet with Cheese Sauce Sausage Patty Breakfast Potatoes Pepper & Onion Veggie Blend Wheat bread / butter Fresh Orange | Baked Mostaccioli Carrot Coins Romaine Lettuce Salad with French Dressing Mixed Fruit Cup Coconut Cake Alt: Fruit | Salisbury Steak Butternut Squash Mac & Cheese Three Bean Salad 7-Grain Bread with Butter Seasonal Fresh Fruit | Chicken Pasta Salad Marinated Vegetable Salad Melon Wedge Blueberry Muffin with butter | Pork Cutlet in Gravy Hashbrown Casserole Sweet Peas Sliced Peaches Multigrain Bread/ Butter Snickerdoodle Cookie Alt: Diet Cookie |
| 13 | 14 | 15 | 16 | 17 |
| Happy Mother's Day Chicken Breast in Garlic Sauce Rosemary Roasted Potatoes Broccoli Salad Nectarine Dinner Roll Chocolate Cake Alt: Diet Cookie | Beef Chow Mein with Vegetables Fried Rice Pilaf Egg Roll Pineapple Zucchini Bread | Swedish Meatballs over Buttered Noodles Peas and Pearl Onions Creamy Cucumber Salad Whole Wheat Bread & butter Grapes | Roasted Pork in gravy Diced Sweet Potatoes with Honey Glaze Green Beans Pear Half Rye Bread w/ butter Peanut Butter Cookie Alt. Diet Cookie | Breaded Fish with Tartar Sauce Tri-tater with ketchup Dilled Carrot Coins Multigrain Bread & butter Applesauce |
| 20 | 21 | 22 | 23 | 24 |
| Scalloped Potatoes with Diced Ham Steamed Broccoli Mandarin Oranges Whole Wheat Bread w/butter Lemon Pudding Alt: Diet Pudding | Spaghetti with Meat Sauce Italian Blend Veggies Romaine Lettuce Salad with French Dressing Breadstick with butter Fruit Cocktail | BBQ Pulled Pork on a Whole Wheat Bun Baked Beans Creamy Coleslaw Seasonal Fresh Fruit Chocolate Chip Cookie Alt: Fresh Fruit | Beef Macaroni Casserole Sicilian Grande Vegetables Seasoned Spinach Cherry Pie Alt: Sugar Free Pie | Turkey ala King over Brown Rice Brussel Sprouts Baby Carrots with Ranch Whole Grain Bread with butter Watermelon |
| 27 | 28 | 29 | 30 | 31 |
| Memorial Day All Meal Sites & ADRC Closed | Hamburger on a Bun Ketchup/Mustard American Potato Salad Calico Beans Kitchen's Choice Fruit | Oven Roasted Turkey with gravy Mashed Potatoes & gravy California Blend Vegetables Multigrain Bread Strawberry Applesauce | Festa Italiana Italian Sausage Wheat Penne Pasta with Marinara Italian Blend Veggies Pear Half Italian Ice/Sherbet Alt: Fruit | Chicken Caesar Salad w/ Croutons, Parmesan Cheese and Caesar dressing Tomato Onion Salad Crusty Roll / Butter Peach Half Ice Cream Cup |

SENIOR DINING AND MEALS ON WHEELS MENU JUNE 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| 3 | 4 | 5 | 6 | 7 |
| Smothered Chicken Diced Buttered Red Potatoes Creamed Corn Nine Grain Bread Plum Vanilla Pudding Alt: Diet Pudding | Roast Pork w/Thyme and Mushroom Gravy Garlic Mashed Potatoes w/gravy Sweet & Sour Cabbage Wheat Roll with butter Seasonal Fresh Fruit | Lemon Herb Chicken Breast Mashed Sweet Potatoes Pacific Blend Veggies Nine Grain Bread w/ Butter Honeydew Melon | Meatball Marinara Sandwich on Hoagie Roll Potatoes Italiano Italian Green Beans Orange Ranger Cookie Alt: Diet Cookie | Beef Stew with Potatoes and Vegetables Spinach Salad with Balsamic Dressing Baking Powder Biscuit/Butter Warm Apple Slices |
| 10 | 11 | 12 | 13 | 14 |
| Turkey Tetrazzini Green Beans Mixed Greens Salad with French Dressing Italian Breadstick Waldorf Salad | Italian Wedding Soup BBQ Meatballs Sunshine Carrots Citrus Fruit Salad Whole Wheat Dinner Roll w/ Butter Iced Brownie Alt: Diet Jello | Chicken Provencal Herbed Red Potatoes Wisconsin Blend Veggies Multigrain Bread w/butter Fresh Fruit Sugar Cookie Alt. Sugar Free Cookie | Ring Bologna Augratin Potatoes Beet & Onion Salad Marble Rye Bread w/butter Fruit Cocktail | Chicken Broccoli Rice Casserole Zucchini Blend Veggies Cantaloupe Wedge Whole Wheat Bread with Butter Chocolate Mousse |

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-Thursdays</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>Reservations for in person dining are required at least ONE BUSINESS DAY in advance.</p> <p>To reserve a seat, please call your dining center between 9:00 and 11:00 am, Mon.-Fri.</p> <p>For home-delivered meal inquiries, please call our main office at 262-548-7826</p> | <p>OVER</p> |
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Cruciferous Vegetables

“An onion can make people cry, but there’s never been a vegetable that can make people laugh”

- Will Rogers

Vegetables taste good and are good for us—we all know this. But there is a family of vegetable that may be better than the rest...

The **cruciferous vegetable** has a most impressive family tree. Broccoli, kale, cauliflower, cabbage, Brussels sprouts, bok choy, horseradish, rutabaga, watercress, radishes and turnips are all part of this vegetable family. They contain fiber, calcium and iron, vitamins A and C, and are packed with the anti-inflammatory compounds known as phytochemicals.

The American Institute for Cancer Research says it best: “Several laboratory studies have suggested that cruciferous vegetables help regulate a complex system of bodily enzymes that defend against cancer. Components of these vegetables have shown the ability to stop the growth of cancer cells in various cell, tissue and animal models, including tumors of the breast, endometrium, lung, liver, colon and cervix”.

Isothiocyanates, a sulfur compound in cruciferous vegetables that is most abundant in broccoli sprouts (similar in appearance to alfalfa sprouts), have been shown to disrupt the growth and division of cancer cells. The protective effect of cruciferous vegetables is strongest for cancers of the mouth, pharynx, larynx, esophagus, and stomach.

Broccoli is of course the “Granddaddy” on the family tree with a whopping 5g of fiber, 33% daily value of Vitamin C, 165% daily value Vitamin A, and 200mg omega-3’s per CUP! Cauliflower and cabbage come in second and third, but both are good sources of Vitamin C and omega-3’s.

Whether it is on a salad, in your soup or in a stir-fry, the cruciferous vegetable is a must at your dinner table!

Did you know?

The 2020 Dietary Guidelines for Americans urges people to consume a minimum of 2.5 cups of vegetables each day

One cup of Brussels sprouts contains a whopping 260mg Omega-3 fatty acids

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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