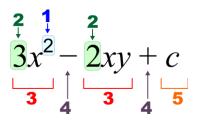
AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY SENIOR DINING AND MEALS ON WHEELS MENU **APRIL 2024**

Monday	Tuesday	Wednesday	Thursday	Fridov
	Tuesday	weatlesuay	Thursday	Friday 5
Easter Lunch	A Meatloaf with Onion	St. Louis Style BBQ	Pizza Casserole	Pub Burger on
Oven Baked Ham	Gravy	Pork Ribs	Sicilian Blend	Onion Roll w/
Scalloped Potatoes	Mashed Potatoes &	Sweet Potato	Vegetables	Provolone
Wisconsin Blend			Romaine Salad with	
Veggies	gravy	Creamy Coleslaw		Ketchup / Mustard
Italian Bread/butter	Lemon Carrots and	Pear Half	Golden Italian	Double Baked
	Rutabaga	Crusty Roll / Butter	Dressing	Potato Casserole
Pineapple Slices	Multigrain Bread/Butter	Peach Crisp	Breadstick	Cucumber Salad
Sugar Cookie	Fruit Salad	Alt. Fresh Fruit	Fresh Apple	Apricots
Alt. Sugar Free Cookie	9	10	11	12
Swedish Meatballs	Sweet & Sour Chicken	Oven Roasted Turkey	Pork Cutlet	Hawaiian Chicken
over Egg Noodles	w/ Pineapple, Green	w/ gravy	American Potatoes w/	Breast
Harvard Beets	Peppers and Onions	Mashed Potatoes &	ketchup packet	Brown & Wild Rice
Fresh Baby Carrots	Brown Rice	Gravy	California Blend	Pilaf
with ranch	Broccoli	Seasoned Green	Veggies	Japanese Blend Veg
Whole Wheat bread w/	Nectarine	Beans	Three Bean Salad	Cucumber Salad
butter	Rice Krispie Treat	Dinner Roll / Butter	Multigrain Bread	Fresh Fruit
	•		w/butter	Chocolate Pudding
Banana	Alt: Fruit Cocktail	Mandarin Oranges		5
15	16	17	Cinnamon Applesauce 18	Alt. Diet Pudding 19
Stuffed Chicken	Shepherd's Pie	Baked Chicken on bone	Chicago Style Hot Dog	Fish Sandwich on bun
Hash Brown Casserole	Carrot Coins	Creamy Mushroom	on Poppy Seed Bun	Tartar Sauce
Buttered Sweet Corn		Wild Rice	Ketchup, Mustard,	
Dinner Roll w/ butter	English Muffin w/ butter	Oriental Blend Veggies	Relish, Diced Onions	Buttered Baby Red Potatoes
Fruit Cocktail	Orange Vanilla Pudding	Romaine Salad w/	Ranch Potato Wedges	
Frosted Brownie	Alt: Diet Pudding		Calico Beans	Creamy Coleslaw Peach Half
	Alt. Diet Fudding	Ranch Dressing Rye bread w/ butter	Banana	
Alt. Sugar Free Cookie		Fresh Fruit	Dallalla	Ice Cream Cup
			05	
22	23	24	25 Whole Wheat	26 Chicken Caesar Salad
Earth Day	Apricot Chicken Breast	Roast Pork		
3-Bean Vegetarian Chili	Sour Cream & Chive	Macaroni and Cheese	Spaghetti	w/ Croutons,
with crackers	Mashed Potatoes w/	Green Beans	with Meat Sauce	parmesan cheese and
Cook's Choice Veggie	Butter	Broccoli Salad	Italian Blend Veggies	Caesar dressing
Corn Bread Muffin	Mixed Vegetables	5-Grain Bread w/ Butter	Italian Bread with	Tomato & Onion Salad
w/ butter	Spiced Apple Rings	Seasonal Fresh Fruit	Butter	Potato Roll / Butter
Cranberry Compote	Chocolate Chip Cookie		Peaches	Seasonal Fresh Fruit
	Alt. Fresh Fruit			
29 DRO Dullad Dark	30 Chilled Ham Sandwich			
BBQ Pulled Pork	Chilled Ham Sandwich	and the second		
on Wheat Bun	w/ cheese, lettuce,			
Baked Beans	tomato & mayo packet			
Potato Salad	Sheboygan hard roll	A Company of the second s		
Pear Half	Beet & Onion Salad	A CONTRACT OF		
Oatmeal Raisin Cookie	Vegetable Pasta salad			Arest Statistics and a set of the
Alt. Raisins	Watermelon			
	l		l	

SENIOR DINING AND MEALS ON WHEELS MENU MAY 2024

Monday	Tuesday	Wednesday	Thursday	Friday		
monady	lacoday	1	2	3		
	MEMORIAL DAY REMEMBER AND HONOR	Chicken Salad on Croissant with Lettuce and Tomato Tomato & Onion Salad Fruit Cocktail Iced Brownie Alt: Diet Cookie	Beef Tips with Mushrooms Mashed Potatoes & Gravy Green Beans Multigrain roll / Butter Grapes	Roast Turkey Herbed Stuffing Creamed Corn Spinach Salad w/ Dressing Nine Grain Bread Banana		
6	7	8	9	10 De la 0, de la		
Breakfast Omelet with Cheese Sauce Sausage Patty Breakfast Potatoes w/Green Peppers & Onions & Ketchup pkt Tomato Juice Wheat bread / butter Orange	Stuffed Cabbage Roll Buttered Parslied Potatoes Dilled Baby Carrots 7-Grain Bread / Butter Sliced Peaches	Cinco de Mayo on Ocho de Mayo Chicken Enchilada Casserole Spanish Rice Refried Beans Pineapple Slices Churro	Chicken Pasta Salad Marinated Vegetable Salad Melon Wedge Blueberry Muffin / butter	Pork Cutlet Hashbrown Casserole Broccoli Slaw Sliced Peaches Crusty Roll / Butter Frosted Cake Alt. Fresh Fruit		
PLEASE NOTE: MENU SUBJECT TO CHANGE WITHOUT NOTICE; 1% MILK INCLUDED; ALT= LOW SUGAR ALTERNATIVE						
– 0000	MENOMONEE FALLS Menomonee Falls Community Center W152 N8645 Margaret (262) 251-3406 OPEN: Mon - Friday	aukest aukest KFIELE eld Cor eld Corth Ca 82-163	dining center between 9:00 and 11:00 am, MonFri. For home-delivered meal inquiries, please call our main office at 262-548-7826	Reservations for in person dining are required at least ONE <u>BUSINESS</u> DAY in advance.		

Addition is easier than subtraction...



As obesity, diabetes and heart disease reach near-crippling epidemic proportions, America is looking for a change. Traditional health advice used to focus on eliminating "bad" foods from your diet. But new thinking is that it may be more beneficial – and may work better – to focus on **adding** more healthy foods. Not only for overall health, but to combat the less desirable affects of the high sodium, low fiber "Standard American Diet" (also known in nutrition circles as *SAD*...).

For example, in an effort to fight heart disease and hypertension, **add** high potassium foods to your diet like white beans, bananas, dried apricots and green leafy vegetables. Don't try to eliminate sodium completely — our bodies need sodium and sodium is nearly *everywhere*, so it's very difficult to do. Reducing sodium intake may help some people, but **add**ing high potassium foods can help all of us protect our hearts from the harmful effects of a high sodium diet.

High fiber intake is associated with decreased risk of heart disease. Adding beans, whole grains and fruits will help increase your daily fiber intake. Add healthy monounsaturated and polyunsaturated fats and omega-3 fatty acids from fish, nuts and seeds, and oils such as olive oil and canola oil. Add 2 servings of fatty fish to your weekly routine to aid in heart and brain health.

Add low fat dairy every day, and increase your fruits and vegetables. Fresh and frozen fruits and vegetables are great — try to get 6-10 servings of vegetables and fruits each day. This may seem like a lot, but serving sizes are actually smaller than you might think. It takes a little effort, but your body will thank you!

A focus on **add**ing better foods can help people succeed in eating more healthily.

Did you know?

Regular consumption of fat-free and low-fat dairy is a component of the DASH diet to lower blood pressure

Diets rich in vegetables and fruits have been shown to lower blood pressure and improve other cardiovascular disease risk factors, resulting in a lower risk of heart attack and stroke