




**AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY
SENIOR DINING AND MEALS ON WHEELS MENU AUGUST 2022**

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Italian Sausage on roll With peppers and onions Italian Blend Vegetable Potato Salad Spiced Apple Rings Cannoli Alt. Fresh Fruit	Salisbury Steak Mashed Potatoes and gravy Brussels Sprouts Whole Wheat Bread W/ Butter Tropical Fruit Cup	Chicken Caesar Salad w/ Parm Chz & Croutons Caesar Dressing Vegetable Pasta Salad Breadstick w/ Butter Fresh Pear Choc Chip Cookie Alt. Banana	Turkey Chili with Beans Saltine Crackers Dill Baby Carrots Diced Peaches Wheat Dinner Roll w/ butter	Spaghetti w/ Italian Sausage Meat Sauce Salad w/Italian Drng Green Beans Fruit Cocktail Raspberry Sherbet Alt. Yogurt
8	9	10	11	12
Sweet & Sour Chicken w/ Green Peppers, Onions and Pineapple Brown Rice Crinkle Cut Carrots Fresh Orange Cookie Alt: Sugar Free Cookie	Roast Beef in Au Jus Roasted Baby Red Potatoes with Butter Peas & Pearl Onions 7-Grain Bread w/ butter Grapes	Wis State Fair! Chili Cheese Dog on Poppy Seed Bun w/ diced onions, ketchup and mustard Baked Beans Buttered Sweet Corn Fresh Fruit Salad Cream Puff	Lemon Herb Chicken Breast Baked Sweet Potato w/ Butter Romaine Salad w/ Ranch Dressing French Bread w/ Butter Watermelon Slices	Egg Salad on Croissant w/ Lettuce & Tomato Fresh Carrot and Celery Sticks w/ ranch Honeydew Melon Oatmeal Raisin Cookie Alt. Grapes
15	16	17	18	19
Barbecue Meatballs American Fried Potatoes Ketchup packet Stewed Tomatoes Bread/Butter Spiced Apple Slices	Crab Pasta Salad Tomato / Onion Salad Bran Muffin with butter Banana Fruited Yogurt	Mostaccioli with Meat Sauce Green Beans Romaine Salad w/Italian Italian Bread w/ butter Pear Half Sugar Cookie Alt: Fresh Fruit	Baked Ham Scalloped Potatoes Buttered Broccoli Wheat Bread w/ butter Waldorf Salad	IRISHFEST Stuffed Cabbage Rolls Mashed Potatoes with Chives Dill Crinkle Cut Carrots Chocolate Cake with Mint Frosting Fresh Nectarine
22	23	24	25	26
Chicken Parmesan Bow Tie Pasta w/ Marinara Sauce Italian Beans Crusty Italian Bread w/ butter Fresh Apple	Pork Cutlet w/ gravy Au Gratin Potatoes 5-Way Mixed Vegetables 7-Grain Bread w/ butter Fruit Fluff	Roast Turkey w/ Gravy Mashed Potatoes and Gravy Green Bean Casserole 7 Grain Bread w/ Butter Pear Slices Chocolate Chip Cookie Alt. Sugar Free Pudding	Submarine Sandwich Turkey, Ham & Swiss Lettuce, Tom, Mayo Sun Chips Marinated Veg Salad Fresh Peach Snickerdoodle Cookie Alt: Fruit	MEXICAN FIESTA Fiesta Lime Chicken Breast over Mexican Rice Southwest Style Corn Mexican Black Beans Cantaloupe Cinnamon Donut
29	30	31		
Cheese Omelet Sausage Patty Tri-tater w/ ketchup Orange Juice Fresh Plum Streusel Coffee Cake Alt: Fresh Apple	Oven Roasted Chicken on the Bone Baked Potato w/ butter Broccoli Salad Grapes Tomato Juice Dinner Roll w/ Butter	Goodbye Summer... BBQ Pulled Pork on Whole Wheat Bun Baked Beans Coleslaw Fresh Melon Ice Cream Cup Alt: Fresh Fruit		

SENIOR DINING AND MEALS ON WHEELS MENU SEPTEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Turkey à la King over Biscuit Brussels Sprouts Dilled Carrot Coins Pineapple Juice Choc Chip Cookie Alt. Fresh Orange	Beef Stroganoff on Egg Noodles w/Gravy Harvard Beets Romaine Salad w/ Ital. Sourdough Bread w/ butter Fresh Pear
5	6	7	8	9
LABOR DAY NO MEALS SERVED Thank You!	Back to School Roast Beef & Cheddar on Onion Roll Carrot Sticks w/ ranch Cucumber Salad Watermelon Baked Potato Chips Rice Krispies treat Alt. Fresh Fruit	Ham Macaroni Salad Marinated Veg Salad Spinach Salad w/ French Dressing Multigrain Bread w/ butter Fresh Orange	Breaded Cod Tartar Sauce Quartered Red Potatoes W/ butter Peas and Carrots Rye Roll w/ butter Sliced Peaches	NFL Kickoff Tailgate Packwurst on a Bun w/Packerkraut ketchup Rodgers Potato Salad Cobb's Baked Beans First Down Fresh Fruit Matt's Frosted Brownie Alt. Favre's Fruited Yogurt

PLEASE NOTE: MENU MAY BE 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.

Call the center where you will eat by 12:00 noon Mon-Fri for the next day reservation.

For other inquiries, call the 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

BUTLER
Hampton Regency Apts
12999 W. Hampton Ave
(262) 783-5506
Temporarily CLOSED

MENOMONEE 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: Monday-Friday

WATER

We literally cannot live without it. Well, not for longer than 4 or 5 days, under the *best* conditions. One thing that makes Planet Earth able to sustain life and make it unlike any other known planet in the universe: *abundant usable water*. The life blood of life.

Water covers over 70% of our planet and makes up roughly 60% of the human body. Used for cleaning, cooking, circumnavigation and transportation, the most important function of water for humans is for drinking and sustaining life for us and our food sources. The average adult requires a minimum of 6-8 8oz glasses of water each day, but sadly, too few people actually get this much. And not always because of dreadful droughts. Even in our society where clean, safe water is abundant, many people still do not drink enough. Either because they would rather drink something else, or as is the case for many seniors, they simply don't have a strong thirst.

If your kidneys function properly, it is extremely difficult to drink too much water, but too little can be dangerous and even deadly. Dehydration is a serious concern in seniors, especially in hot climates and during the hot seasons. As we age, our thirst mechanism does not alert the body that it needs fluids as well as it did when we were younger, so a decreased intake occurs which can lead to dehydration, which can in turn lead to seizures, loss of consciousness and worse.

Left untreated, dehydration will lead to multi-system organ failure and death. Sometimes one must consider using compensatory techniques to drink more fluids. For example, leaving glasses of fresh water strategically placed around the house will ensure a drink is rarely out of arms reach. So drink up, and stay hydrated!

Did you know?

Potentially fatal water toxicity can occur if too much water is consumed, and electrolytes are lost and not replenished (like during vigorous exercise)

Dehydration is part of the natural dying process. Numbing the mind, it puts us in a hypnotic state and dulls our senses, including pain

Symptoms of dehydration include confusion, loss of appetite, low blood pressure, headache, dizziness & fainting

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OCONOMOWOC

Oconomowoc Community Center

210 W. Wisconsin Avenue

PHONE:

(262) 567-5177

OPEN: Mon - Friday

SUSSEX

Sussex Civic Center

N64 W23760 Main Street

PHONE:

(262) 246-6747

OPEN: Mon - Friday

WAUKESHA LA CASA VILLAGE

1431 Big Bend Rd

PHONE:

(262) 547-8282

Temporarily CLOSED