




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

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
Cheese Omelet w/ Peppers and Onions Sausage Patty Hash Brown Potatoes Ketchup packet Cinnamon Raisin Bagel Butter & Jelly Orange Juice	Swedish Meatballs Mashed Potatoes and Gravy 5-Way Vegetables Broccoli Salad Applesauce Frosted Cake Alt: Fruit	Chicken Cordon Bleu Roasted Red Potatoes Green Beans Almandine Pear Half Baker's Choice Cookie Alt. Fresh Fruit	Whole Grain Spaghetti w/ Italian Meat sauce Capri Blend Vegetable Spinach Salad w/ Dressing Italian Bread/Butter Tropical Fruit	Oven Roasted Pork Scalloped Potatoes Creamed Spinach Diced Peaches Dinner Roll w/Butter Frosted Brownie Alt. Fruit
12	13	14	15	16
Grilled Burger w/ Pretzel Bun Tomato Slice & Lettuce Potato Wedges Baked Beans Fresh Apple Oatmeal Cookie Alt: Fruited Yogurt	Tuna Salad on Croissant Sliced Tomatoes Marinated Veg Salad Baked Potato Chips Banana	Baked Mostaccioli Green Beans Broccoli Seasonal Fresh Fruit Italian Bread w/ Butter Peanut butter cookie Alt: Fruit	Stuffed Green Peppers Roasted Red Skin Potatoes Buttered Sweet Corn Dinner Roll w/ butter Peaches	Chili w/ Saltines, Shredded Cheese, Onions and Sour Crm Romaine Salad w/ Italian Dressing Sourdough Brd w/ Butter Mandarin Oranges Chocolate Chip Cookie Alt: Sugar Free Cookie
19	20	21	22	23
Salisbury Steak w/ Gravy Au Gratin Potatoes Roasted Bell Pepper Blend Rye Bread w/ butter Chilled Peaches	Herbed Chicken Breast Parsley Potatoes w/ Dill Butter Sauce Winter Blend Vegetable Rye Bread w/ butter Fruit Cup Frosted Chocolate Brownie Alt: Yogurt	HAPPY HOLIDAYS Roast Pork w/ Thyme and Mushroom Gravy Garlic Mashed Potatoes w/ gravy Green Bean Casserole Broccoli Salad Fresh Fruit Dinner Roll w/ Butter Banana Cream Pie	Sweet Italian Sausage on Brat Bun with Marinara Sauce Italian Rice Pea and Cheese Salad Kitchen's Choice Fruit	PROGRAM CLOSED
26	27	28	29	30
CHRISTMAS OBSERVED PROGRAM CLOSED	Pasta with Lemon Butter Sauce with Chicken, Spinach, Onions, & Mushrooms Dilled Steamed Carrots Wheat Bread w/ Butter Pear Half	Oven Baked Turkey Twice Baked Potato Sauteed Bell Peppers and Onions Rye Bread w/ Butter Banana	Pork Cutlet Mashed Pot & Gravy Broccoli Calico Beans Fresh Orange Peanut butter cookie Alt: Sugar Free Cookie	PROGRAM CLOSED

SENIOR DINING AND MEALS ON WHEELS MENU JANUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
NEW YEAR'S OBSERVED PROGRAM CLOSED	Egg & Sausage Breakfast Bake with Cheddar Cheese, Green Peppers, Diced Tomatoes and Onions Tri Tater ketchup pkt Banana Alt: Fruited Yogurt	Curry Chicken Wild Rice Blend Carrot Coins Tomato / Onion Salad Mandarin Oranges Whole Wheat Roll w/ Butter	Butternut Squash Mac & Cheese Green Beans Cottage Cheese Wheat Bread w/ Butter Kitchen's Choice Fruit Zucchini Bread	Turkey Burger Whole Wheat Bun Lettuce & Tomato Sweet Green Peas Applesauce Baby Red Potatoes Sugar Cookie Alt: SF Cookie
10	11	12	13	14
BBQ Pulled Pork Dinner Roll w/ Butter Green Beans Baked Beans Half Pear Molasses Cookie Alt. Peaches	Whole Wheat Spaghetti with Italian Meatballs Romaine Salad w/ Italian Dressing Corn Garlic Bread Melon	Hot Turkey and Provolone Sandwich on Onion Roll Broccoli and Cauliflower Blend Potato Salad Apple Brownie	Chicken Stir Fry w/ White Rice & Stir Fry Veg Spinach Salad w/ Dressing 7-grain Bread w/ Butter Mandarin Oranges	Cream of Broccoli Soup Saltine Crackers Sloppy Joe on a Bun Dilled Carrot Coins Fruit Cocktail Frosted Chocolate Alt: Sugar Free Cookie

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 between 10:00 am and 1:00 pm Mon-Fri for a 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
W/152 N8645 Margaret
(262) 251-3406
OPEN: Mon - Friday

MUKWONAGO
Birchrock Senior Apts
280 Birchrock Way
(262) 363-4458
OPEN: Mon-Thursday

Are you getting enough Vitamin C?

It is important that you keep a healthy immune system as flu season approaches.

What does Vitamin C do?

- Strenghtens your immune system.
- It can't prevent you from getting colds, but it can reduce the severity of it.

Tip: Our bodies don't produce or store vitamin C, so its important for you to include this nutrient in your diet.

**Recommended Dilay Intake for Vitamin C for adults age 50 and older =
90 mg per day for men
75 mg per day for women**

Fruits and Vegetables are the best sources of Vitamin C:

- Citrus (oranges, kiwi, lemon, grapefruit) (1 medium orange = 75mg)
- Bell peppers
- Strawberries (1 cup strawberries = 84mg)
- Tomatoes (1 medium tomato = 23mg)
- Cruciferous vegetables (broccoli, brussels sprouts, cabbage,cauliflower)
- White potatoes



Did you know?

Vitamin C improves the absorption of non-heme iron, the type of iron found in plant foods such as leafy greens like spinch and kale). Drinking a small glass of 100% fruit juice or including a vitamin-C-rich food with meals can help boost iron absorption

Vitamin C can be destroyed by heat and light. High-heat cooking temperatures or prolonged cook times can break down the vitamin.

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MENOMONEE FALLS

Men Falls Commty Ctr
W152 N8645 Margaret
(262) 251-3406
OPEN: Mon - Friday

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