


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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Salisbury Steak Mashed with gravy Buttered Corn Mandarin Oranges Whole Wheat Bread w/butter Ice Cream Cup Alt: Sugar Free Ice Cream	Swedish Meatballs over Buttered Egg Noodles Green Beans Steamed Carrots Multigrain roll / Butter Fresh Fruit	Chicken Salad on Croissant with Leaf Lettuce Tomato & Onion Salad Fruit Cocktail Iced Brownie Alt: Banana	Cinco de Mayo Chicken Enchilada Casserole Spanish Rice Refried Beans Pineapple Slices Churro	Open-faced Hot Turkey Sandwich with gravy on Wheat Mashed and Gravy Spinach Salad w/ Dressing Banana
9	10	11	12	13
Happy Mother's Day BBQ Chicken Breast Sweet Potato w/ Butter Green Beans Pear Half Cornbread Muffin/butter Chocolate Chip Cookie Alt: Sugar Free Cookie	Chilled Deli Ham Sandwich w/ cheese, Lettuce, Mayo pkt Sheboygan hard roll Beet & Onion Salad Vegetable Pasta salad Watermelon	Smoked Sausage Ketchup / Mustard pkts German Potato Salad Mixed Vegetable Fresh Fruit Buttermilk Biscuit/butter Rice Krispies Treat Alt: Sugar Free Cookie	Whole Wheat Spaghetti with Italian Sausage Sauce Italian Blend Veggies Romaine Salad w/ Italian Dressing Italian Bread / Butter Peaches	Pork Cutlet Hashbrown Casserole Peas & Pearl Onions Fruit Cocktail Crusty Roll / Butter Frosted Cake Alt. Fresh Fruit
16	17	18	19	20
Teriyaki Chicken Vegetable Fried Rice Oriental Vegetables Dinner Roll w/ butter Pineapple Tidbits Fortune Cookie Alt. Fruit	Apple Cranberry Chicken Salad On Flaky Croissant Broccoli Salad Tossed Salad w/ Ranch Sun Chips Fruit Cocktail Chocolate Cake	Meatloaf Double Baked Potato Casserole Glazed Carrots Parker House Roll w/ Butter Assorted Pie Alt. Fresh Apple	Sloppy Joe on Whole Wheat Bun 5-Way Mixed Veg Three Bean Salad Fresh Banana	Chicken Caesar Salad w/ Caesar dressing Tomato Onion Salad Potato Roll / Butter Kitchen's Choice Fruit Baker's Choice Cookie Alt. Fresh Fruit
23	24	25	26	27
Hot Shaved Ham on Kaiser Roll w/ Provolone Cheese Calico Baked Beans Creamy Cucumber Salad Fresh Fruit Frosted Brownie Alt: Lorna Doone	Tuna Pasta Salad Broccoli Salad Marinated Veg Salad Corn bread muffin w/ butter Fruited Gelatin Alt: Fruited Yogurt	Hawaiian Chicken Diced sweet potatoes w/ honey glaze Green Beans 7-Grain Bread w/ butter Applesauce	Chicken Parmesan Penne Pasta w/Garlic Butter Sauce Sicilian Blend Veg Romaine Salad w/ Ranch Italian Bread w/ butter Peaches	Cream of Broccoli Soup Saltine Crackers BBQ Pulled Pork Whole Wheat Bun Buttered Sweet Corn Fresh Apple Choc Chip Cookie Alt: Fresh Fruit
30	31			
MEMORIAL DAY PROGRAM CLOSED	Roasted Pork in gravy Sweet & Sour Cabbage Garlic Mashed Potatoes Rye Bread w/ butter Pear Half Frosted Cake Alt. Lorna Doone			

SENIOR DINING AND MEALS ON WHEELS MENU JUNE 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1		1	2	3
		Crab Pasta Salad Marinated Vegetable Salad Whole Wheat Bread w/ Butter Cranberry Fruit Compote	Caribbean Jerk Chicken Creole Style Red Beans and Rice Seasoned Green Beans Wheat Bread w/ butter Watermelon	Pork Cutlet w/ Gravy Roasted Baby Reds 5-Way Mixed Veg Spinach Salad w/ dressing Fresh Banana Rice Krispies Treat Alt. Sugar Free Cookie
6	7	8	9	10
Swedish Meatballs in Gravy Mashed Potatoes California Blend Vegetables Bread/butter Mandarin Oranges	Egg Patty with Cheese Peppers and Onions English Muffin Sausage Patty Hashbrown w/ ketchup Fresh Melon	Oven Roasted Pork w/Gravy Au Gratin Potatoes Three Bean salad Mixed Fruit Cup Multigrain Bread/Butter Apple Pie Alt. Fresh Apple	Chicken Salad on Croissant with Leaf Lettuce Tomato & Onion Salad Fruit Cocktail Iced Brownie Alt: Banana	Chicken Broccoli Rice Casserole Chef's Choice Vegetable Blend Bread/Butter Diced Pears Cookie Alt. Sugar Free Cookie

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

<p>SUSSEX Sussex Civic Center N64 W23760 Main Street PHONE: (262) 246-6747 OPEN: Monday - Friday</p>	<p>OCONOMOWOC Oconomowoc Community Center 210 W. Wisconsin Avenue PHONE: (262) 567-5177 OPEN: Monday - Friday</p>	<p>MENOMONEE FALLS Men Falls Community Ctr W152 N8645 Margaret Road PHONE: (262) 251-3406 OPEN: Monday - Friday</p>	<p>BROOKFIELD Brookfield Community Center 2000 North Calhoun Road PHONE: (262) 782-1636 OPEN: Monday - Friday</p>	<p>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</p>
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Addition is easier than subtraction...

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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 newer thinking is that it may be more beneficial – and may even 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 the *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 **adding** high potassium foods can help all of us protect our hearts from the harmful effects of a high sodium diet. And for a healthy heart, also **add** foods that are good sources of magnesium like nuts, seeds, legumes (like peanuts), whole grains, and spinach.

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 daily, 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. **Add** frozen vegetables to your soups, salads, casseroles, and **add** fresh vegetables as sides. It takes a little effort, but your body will thank you!

A focus on **adding** 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 decreased risk of heart attack and stroke