



AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND MEALS ON WHEELS MENU MARCH 2024

Monday	Tuesday	Wednesday	Thursday	Friday
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				Macaroni & Cheese Cottage Cheese Winter Veg Blend Romaine Salad Drsng Italian Bread / butter Pineapple Chef's Choice Cookie Alt. Fresh Pear
4	5	6	7	8
Herbed Chicken Breast Squash Veg Medley Black Beans and Rice Fruit Cocktail Lime Gelatin Alt. Sugar Free Gelatin	Bratwurst on a bun Ketchup & mustard pkt Dill Cucumber Salad American Potato Salad Mandarin Oranges	Stuffed Cabbage Roll Mashed Potatoes gravy Harvard Beets Rye Bread w/ butter Cranberry Juice Tapioca Pudding Alt. Sugar Free Pudding	French Dip Au Jus Sub Roll Italian Blend Veg Marinated Veg Salad Fresh Apple Cherry Crisp Alt: Fruit	Apple Cranberry Chicken Salad Flaky Croissant Sun Chips Broccoli Salad Tomato Juice Rice Krispies Treat Alt: Banana
11	12	13	14	15
Whole Wheat Spaghetti and Meatballs Italian Blend Vegetable Tomato / Onion Salad Banana Italian Bread w/ butter Frosted Yellow Cake Alt: Fruited Yogurt	Chicken Stew Mashed Potatoes Stewed Tomatoes Whole Grain Bread / Butter Spiced Apple Slices	Pork Chop Suey Brown Rice Oriental Blend Veg Fresh Orange Dinner Roll w/ Butter Baker's Choice Cookie Alt: Sugar Free Cookie	Enchilada Casserole Mexican Bean Salad Southwest Style Corn Diced Pears Dinner Roll w/ butter Churro Alt: Sugar Free Pudding	St. Patrick's Day early Irish Beef Stew Carrots and Cabbage Parsley Baby Bakers Irish Soda Bread w/ butter Shamrock Cake Green Apple
18	19	20	21	22
Hot Dog on Bun Baked Beans Coleslaw Potato Salad Peaches	Oven Roasted Turkey on Herbed Stuffing with gravy Mashed Potatoes Gravy Green Beans Kitchen's Choice Fruit Wheat Bread w/ butter	Scalloped Potatoes with Ham Peas and Carrots Marinated Vegetable Salad Biscuit w/Honey Tropical Fruit Salad	Oven Roasted Pork Creamed Spinach Fresh Banana Rice Krispies Treat Alt. Fruit Cocktail	Baked Fish w/ Tartar sauce Buttered Baby Reds Dill Baby Carrots Wheat Bread w/ Butter Fresh Fruit Cookie Alt: Yogurt
25	26	27	28	29
Lemon Pepper Chicken Breast Garlic Mashed Potato 5-way mixed Vegetable Wheat Roll w/ butter Seasonal Fresh Fruit German Choc Cake Alt. Fresh Orange	Roast Ham Wild Rice Blend Seasoned Green Beans Broccoli Salad Italian Bread w/ butter Fruit Compote	Italian Meatloaf Mashed Potatoes with gravy Beet and Onion Salad Rye Bread w/ butter Pears Tapioca Pudding Alt. Fresh Orange	Brewers Opening Day Polish Sausage Ketchup and Mustard Baked Beans Potato Salad Peach Slices Apple Pie Alt. Fresh Apple	Chicken Pasta Salad Tomato Onion Salad Blueberry Muffin Fruit Cocktail Chocolate Pudding Alt. Diet Pudding

SENIOR DINING AND MEALS ON WHEELS MENU APRIL 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Easter Lunch Oven Baked Ham Scalloped Potatoes Peas and Carrots Italian Bread Pineapple Slices Sugar Cookie Alt. Sugar Free Cookie	Meatloaf w/ Onion Gravy Mashed Potatoes w/ gravy Lemon Carrots and Rutabaga Italian Bread / Butter Fruit Salad	St. Louis Style BBQ Pork Ribs Baby Reds w/ butter Coleslaw Pear Half Crusty Roll / Butter Peach Cobbler Alt. Fresh Fruit	Sweet & Sour Chicken w/ Pineapple, Green Peppers and Onions Brown Rice Broccoli Pineapple Tidbits Almond Cookie Alt. Sugar Free Cookie	Pub Burger on Onion Roll w/ Provolone Ketchup / Mustard Double Baked Potato Casserole Honey Glazed Carrots Apricots
8	9	10	11	12
Swedish Meatballs over Egg Noodles Harvard Beets Capri Blend Vegetable Banana Dinner Roll w/ butter Rice Krispies Treat Alt. Fruit	Chili Mac with Beans Sweet Green Peas Tropical Fruit Cocktail Multigrain Bread w/ butter Snickerdoodle Cookie Alt. Fresh Orange	Oven Roasted Turkey w/ gravy Mashed and Gravy Green Bean Casserole Dinner Roll / Butter White Frosted Cake Mandarin Oranges Alt. Sugar Free Cookie	Pork Cutlet American Potatoes w/ ketchup packet Peas and Carrots Mixed Salad dressing Multigrain Bread w/ butter Cinnamon Applesauce	Vegetable Lasagna Romaine Salad with tomatoes & cucumbers French Dressing Bread Stick/Butter Banana Pistachio Pudding Alt. Diet Pudding

PLEASE NOTE: MENU 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. OVER To reserve a seat, please call your dining center between 9:00 and 11:00 am, Mon.-Fri. For home-delivered meal inquiries, please call our main 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	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: Mon-Thursday
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HEALTHY YOU

We’re now a few months into the new year, and it’s time to look ahead to spring. Maybe eat better, increase your physical activity. Good idea. But if your goal is to *be healthy*, it will take more than weight loss. Your blood needs attention too.

Serum lab values are like a report card. You can’t know how healthy you really are unless you look at your blood. No one likes needles, but the next time you see your doctor ask for these very important labs:

CBC, or **C**omplete **B**lood **C**ount, can test for anemia, infection and other conditions.

Hemoglobin A1C is a very important lab that shows your average blood sugar levels for the previous ~3 months. And many physicians are now using **HbA1C** to diagnose diabetes. The American Diabetes Association recommends that people with diabetes should strive to keep their HbA1C below 7%.

It’s important to know your cholesterol level, but a **Lipid Profile** will show your total cholesterol as well as your good and bad cholesterol (HDL and LDL), and also triglycerides which helps identify your risk of heart disease. You want your cholesterol, LDL and triglycerides to be low, but the higher the HDL (good cholesterol) the better. In fact, many believe that an HDL over 60 removes one of your existing risk factors for heart disease.

To check your Vitamin D levels, make sure you get a **25-hydroxy Vitamin D**.

A panel of tests called the **Comprehensive Metabolic Panel** will show your protein stores, electrolytes, kidney function, liver function and fasting blood glucose.

Your doctor will help you decide how often to get these labs, but if you’ve never had them done, now is the time!

Did you know?

Triglycerides can be elevated due to a lack of exercise, smoking and excessive alcohol intake

Humans can make vitamin D from sunlight shining directly on our skin. In more northern states (like Wisconsin) adequate Vitamin D production can only occur from late spring to early autumn

Many lab values are influenced by your hydration status and whether or not you have eaten shortly before your test

ervations for in
person dining are
required at least **ONE**
BUSINESS DAY in
advance.

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dining center between
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Mon.-Fri.

For home-delivered
meal inquiries, please
call our main office at
262-548-7826

Visit our website at:
www.waukeshacounty.gov

NEW BERLIN
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220 W. Wisconsin Ave
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Sussex Civic Center
N64 W23760 Main St
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VILLAGE
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(262) 547-8282
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