




AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND MEALS ON WHEELS MENU October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Garlic Sesame Chicken over Brown Rice Oriental Blend Veggies Veggie Egg Roll Sweet & Sour Sauce Pineapple Chunks Chocolate Milk	Salisbury Steak Baked Potato with sour cream Beet & Onion Salad Whole Wheat Bread/butter Fruit compote	Apple Cranberry Chicken Salad on a Croissant Broccoli Salad Carrot Raisin Salad Seasonal Fresh Fruit Lemon Bar Alt: Lorna Doone	Scalloped Potatoes with Diced Ham Green Beans Cucumber Slices with Ranch Multigrain Bread/butter Snickerdoodle Cookie Alt: Diet Jello
7	8	9	10	11
Chicken Breast in Garlic Sauce Baked Sweet Potato Winter Blend Veggies Whole Wheat Bread/butter Fruit Salad	Peachy Pork Roast Cheesy Potatoes Peas & Carrots Fruit Cocktail Multigrain Bread/butter Butterscotch Pudding Alt: Diet Pudding	Butternut Squash Soup Shredded BBQ Chicken on a Bun Green Beans Mandarin Oranges Coconut Cake Alt: Diet Cookie	Hearty Sausage and Lentil Stew Buttered Baby Red Potatoes Carrot Coins Rye Bread/butter Apple Crisp Alt. Fresh Apple	Marinara Meatball Sub Potatoes Italiano Green & Yellow Beans Fresh Pear Sherbet Alt: Diet Jello
14	15	16	17	18
National Dessert Day Chili with beans & shredded cheese 5-Way Mixed Veggies Fresh Fruit Multigrain Bread/butter Fruited Pie Alt: Diet Cookie	Denver Omelet with Cheese Sauce Sausage Breakfast Potatoes Zucchini Bread/butter Fresh Orange Fruited Yogurt Alt: Light Yogurt	Roast Turkey in gravy Herbed Stuffing Harvard Beets Broccoli Salad Whole Wheat Dinner Roll/butter Peach Half	National Pasta Day Spaghetti and Meat sauce Green & Yellow Beans Romaine Lettuce Salad with Italian dressing Breadstick/butter Seasonal Fruit Chocolate Milk	Turkey, Broccoli and Brown Rice Casserole Carrot Coins Creamy Cucumber Salad Biscuit/Butter Pound Cake with Mixed Berries
21	22	23	24	25
Orange Ginger Diced Chicken Vegetable Rice Pilaf Garden Blend Veggies Hawaiian Dinner Roll/butter Pineapple	Philly Cheesesteak on Hoagie Roll Au gratin Potatoes BBQ Bean Salad Mandarin Oranges Ice Cream Cup	St. Louis Style BBQ Pork Loin Sweet Potatoes Caribbean Blend Veggies Seasonal Fresh Fruit Multigrain Bread/butter Chocolate Chip Cookie Alt: Diet Cookie	Fish Patty on a Wheat Bun w/tartar sauce, cheese and Shredded lettuce Buttered Baby Reds Creamed Peas Watermelon	Mandatory Staff Training All Meal Sites Closed
28	29	30	31	
BBQ Pork Riblet Au gratin Potatoes Country Mix Veggies Nine Grain Bread/butter Fruit Cocktail	National Oatmeal Day Stuffed Green Pepper Casserole Dilled Diced Carrots Texas Caviar Honeydew Melon Oat Bran Bread with butter Oatmeal Raisin Cookie	Crustless Chicken Pot Pie over a Biscuit Steamed Broccoli Baby Carrots with Ranch Pear Half Chocolate Milk	Happy Halloween Spooky Swedish Meatballs over Monster Mashed Creepy Creamed Corn Eerie Peaches Werewolf Wheat Dinner Roll/butter Pumpkin Cake	

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				1
				Ring Bologna Hot German Potato Salad Green Beans Rye Bread/butter Grapes
4	5	6	7	8
Mushroom Swiss Burger on a Wheat Bun Ketchup/Mustard Ranch Potato Wedges Sliced Cucumbers with Ranch Apple Raisin Salad	Turkey Tetrazzini Maui Vegetable Blend Tomato & Onion Salad Biscuit/Butter Seasonal Fresh Fruit Chocolate Milk	Vegetable Lasagna Sicilian Grande Vegetables Mixed Greens Salad with Italian Dressing Peach Half	Chicken Fajitas with peppers & onions Black Beans and Rice Pacific Blend Veggies Tropical Fruit Cup Flour Tortilla Snickerdoodle Cookie Alt: Diet Cookie	Veterans Day Meal Roast Beef in gravy Loaded Mashed Potatoes Buttered Corn Fruit Salad Multigrain Bread/Butter Ice Cream Cup

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

<p>MUKWONAGO Birchrock Senior Apts 280 Birchrock Way (262) 363-4458 OPEN: Mon-Thursday</p>	<p>MEMONONEE FALLS Menomonee Falls Community Center W152 N8645 Margaret (262) 251-3406 OPEN: Mon - Friday</p>	<p>BROOKFIELD Brookfield Community Center 2000 North Calhoun Rd (262) 782-1636 OPEN: Mon - Friday</p>	<p>Visit our website at: www.waukeshacounty.gov</p>	<p>For home-delivered meal inquiries, please call our main office at 262-548-7826</p>	<p>To reserve a seat, please call your dining center between 9:00 and 11:00 am, Mon.-Fri.</p>	<p>Reservations for in person dining are required at least ONE BUSINESS DAY in advance.</p>	<p>OVER</p>
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Sweet Potatoes? Yes, please!

Did you know?

In some cultures, sweet potatoes have been a symbol of prosperity and good fortune!

Sweet potatoes come in a variety of colors, including orange, purple and white.

Sweet potatoes, often overshadowed by their starchy relatives, the regular potatoes, are a true gem in the world of vegetables. With a rich history, impressive nutritional profile, and incredible versatility, sweet potatoes deserve a closer look.

Sweet potatoes have a storied past that dates back over 5,000 years. Native to Central and South America, they were a staple in the diets of ancient civilizations like the Incas and Aztecs. Their cultivation spread across the globe, reaching Africa, Asia, and eventually Europe and North America. Today, sweet potatoes are celebrated worldwide for their unique flavor and nutritional benefits.

Sweet Potatoes are a fantastic addition to your diet for a variety of reasons:

- They are packed with vitamins and minerals, including Vitamin A, vitamin C, potassium and manganese.
- They are a good source of dietary fiber which helps promote digestive health.
- One medium sweet potato delivers over 300% of the Daily Value for Vitamin A which is essential for vision, immune health and skin health!
- They contain B vitamins, which are important for energy metabolism and brain health.
- The potassium in sweet potatoes can help regulate blood pressure and support overall heart health.

One of the most remarkable aspects of sweet potatoes is their versatility in the kitchen. They can be baked, mashed, roasted, or fried. They can also be added to soups and stews and even used in pies and casseroles. Here are 2 new ways to add sweet potatoes to your diet:

- Add cubes of sweet potato to your favorite chili recipe for a sweet and hearty twist.
- Add mashed sweet potatoes into your pancake batter for a naturally sweet, flavorful breakfast.

Sweet potatoes are more than just a tasty vegetable; they are a nutritional powerhouse with a wealth of health benefits. Their rich history, impressive nutrient profile, and versatility in cooking make them a valuable addition to any diet. Whether enjoyed in a savory dish or a sweet treat, sweet potatoes offer a delicious way to support overall health and well-being. So, next time you're looking to add a nutritious and flavorful element to your meals, reach for a sweet potato—you might just discover your new favorite ingredient.

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

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

NEW BERLIN
!! NOW OPEN!!
Our Lords Methodist
5000 Sunny Slope Rd
(414) 529-8320

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