

**AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY
SENIOR DINING AND MEALS ON WHEELS MENU September 2024**

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Labor Day No Meal Delivery All Meal Sites & ADRC Closed	BBQ Riblet Sweet Potatoes Green Beans Whole Wheat Bread with butter Pear Half	Chicken Breast in Wine Sauce with Mushrooms Garlic Mashed Potatoes Seasoned Spinach Watermelon 7-Grain Bread/butter Chocolate Chip Cookie Alt: Diet Cookie	Meat Lasagna Sicilian Grande Veggies Fresh Broccoli with Ranch Garlic Breadstick with butter Seasonal Fresh Fruit	Packer Tailgate Packwurst on a Bun with Sauerkraut Ketchup/Mustard Love's Baked Beans Packer Potato Salad Fair Catch Fresh Fruit Philly Vanilla Pudding Alt: Diet Pudding
9	10	11	12	13
Roast Turkey Mashed Potatoes with gravy Country Mix Veggies Fresh Apple Whole Wheat Bread/butter Ice Cream Cup	Smothered Pork Loin Buttered Baby Reds Steamed Broccoli Cantaloupe Multigrain Bread/butter Frosted Spice Cake Alt: Diet Jello	Ham Macaroni Salad Cucumber and Onion Salad Fresh Baby Carrots with Ranch Whole Wheat Roll/butter Fruit Cocktail	Southwestern Chicken & Veggie Stew over Rice Green Beans Biscuit/butter Tropical Fruit Cup Chocolate Milk	Breaded Fish with tartar sauce Buttered Parley Potatoes Red Cabbage Slaw Rye Bread with butter Seasonal Fresh Fruit
16	17	18	19	20
Pork Cutlet in light gravy Wild Rice & Quinoa Blend Key West Blend Veggies Cauliflower Salad 7-grain bread/butter Mandarin Oranges	Beef Mostaccioli California Blend Veggies Mixed Greens Salad with dressing Garlic Breadstick/butter Citrus Fruit Salad	BBQ Pulled Pork on a Whole Wheat Bun Au gratin Potatoes Oregon Bean Medley Fruit Salad Banana Cream Pie Alt: Banana	Breaded Chicken Cutlet with Country Gravy Macaroni & Cheese Stewed Tomatoes Creamy Cucumber Salad Potato Roll/butter Peach Half	Shepherd's Pie Brussel Sprouts Cantaloupe Whole Wheat Dinner Roll/butter Tapioca Pudding Alt: Diet Pudding
23	24	25	26	27
Honey Mustard Chicken Buttered Red Potatoes Capri Blend Veggies Tropical Fruit Cup 7-Grain Bread/butter Sugar Cookie Alt: Diet Cookie	Vegetable Barley Soup Crackers Hot Ham on a Sesame Bun Hashbrown Patty Ketchup Packet Mandarin Oranges Chocolate Milk	Meatballs in Mushroom and Onion Gravy Mashed Potatoes with Gravy Creamed Corn Whole Wheat Roll/butter Honeydew Melon	Johnny Appleseed Day Chicken & Mushroom Stroganoff over Noodles Steamed Spinach Carrot Sticks with Ranch Dinner Roll/butter Apple	Tuna Pasta Salad Mediterranean Black-Eyed Pea Salad Grape Tomatoes Fresh Fruit Multigrain Bread/butter Ice Cream Cup
30				
Sloppy Joe on a Bun Calico Beans Carrot Coins Potato Chips Watermelon Butterscotch Brownie Alt: Diet Pudding				

SENIOR DINING AND MEALS ON WHEELS MENU October 2024

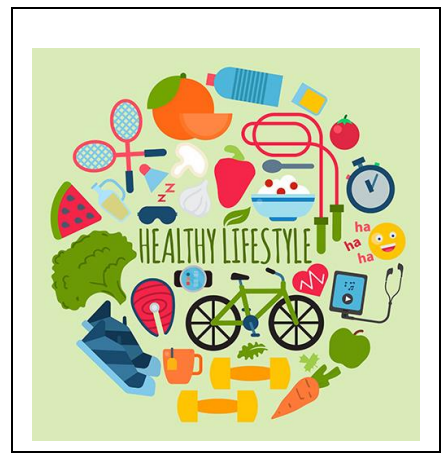
Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Garlic Sesame Chicken over Brown Rice Oriental Blend Veggies Veggie Egg Roll Sweet & Sour Sauce Pineapple Chunks Snickerdoodle Cookie Alt: Diet Jello	Salisbury Steak Baked Potato with sour cream Beet & Onion Salad Whole Wheat Bread/butter Fruit compote	Apple Cranberry Chicken Salad on a Croissant Broccoli Salad Carrot Raisin Salad Seasonal Fresh Fruit Lemon Bar Alt: Lorna Doones	Denver Omelet with Cheese Sauce Sausage Links Breakfast Potatoes Zucchini Bread/butter Fresh Orange Fruited Yogurt Alt: Light Yogurt
7	8	9	10	11
Chicken Breast in Garlic Sauce Butternut Squash Winter Blend Veggies Whole Wheat Bread/butter Fruit Salad	Peachy Pork Roast Cheesy Potatoes Peas & Carrots Fruit Cocktail Multigrain Bread/butter Coconut Cake Alt: Diet Cookie	Turkey Tetrazzini Maui Vegetable Blend Mixed Greens Salad with French Dressing Biscuit/Butter Seasonal Fresh Fruit Chocolate Milk	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

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>MEMONONE 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>
---	---	--	---	---	---	--	--------------------

September is Healthy Aging Month!

The mission of this national observance months is to draw attention to the importance of healthy lifestyles for adult, 45 years of age or better. According to the Healthy Aging website, it is never too late to strive for a healthier lifestyle, and September is the perfect time to make a plan to improve yourself physically, socially, and mentally.



Here are some tips to inspire you:

- Exercise
 - Move more, sit less. Why? Physical activity is your weapon to help control many chronic health conditions. It can also boost your mood, keep your bones and muscles strong, help control your weight and help you sleep better. Choose something fun so you can keep at it like walking, dancing, swimming, aerobics or pickleball.
- Nutrition
 - Try to cut back on salt. A diet rich in sodium has been linked to high blood pressure, stroke and heart attack...all good reasons to not overly salt your food.
 - Eat Whole Foods. Think of it as a way of eating, rather than a formal diet. Load up on veggies, fruits, whole grains, nuts and low-fat/fat-free dairy. Limit sugar, salt and packaged foods.
- Social
 - Volunteer! Being of service is an excellent way to bring happiness into your life.
 - Stay connected! Loneliness is harmful to your health. Don't wait for the phone to ring. Be proactive and call someone for a lunch date or just to talk!
- Stay Optimistic
 - Life tests us in many ways. But positive thinking can be a powerful ally. When you choose to be optimistic and grateful, your mind and body respond to kind.
 - You can learn to be optimistic! Some things you can try: Smile (even a fake smile), can help lower stress. Keep a gratitude journal. Reframe- spin your thoughts to the good things instead of dwelling on the bad.
- Stick to Sleep
 - It helps to wake and sleep on schedule every day.
 - Don't nap longer than 20 minutes during the day.
- Challenge your Mind
 - Things like crossword puzzles, sudoku, chess and reading are all good for your brain. Keep learning and trying new things!

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
ii 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