

Aging and Disability Resource Center of Waukesha County
Senior Dining and Home Delivered Meals Menu December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Navy Bean Soup Sloppy Joe on a Bun Sunshine Carrots Tropical Fruit Cup Chocolate Pudding Alt: Diet Pudding	Orange Ginger Chicken over Brown Rice Soy Sauce Sugar Snap Peas Cucumber Slices with Ranch Chilled Pineapple	Whole Grain Spaghetti with Meat Sauce Winter Blend Veggies Romaine Lettuce Salad with Italian Dressing Mixed Fruit Cup Mini Breadstick Chef's Choice Cookie Alt: Diet Cookie	Chicken Breast in Wine Sauce with Mushrooms Baked Potato with Sour Cream Carrot Raisin Salad Multigrain Bread Fruit Cocktail Chocolate Milk	Lightly Breaded Cod Tartar Sauce Hot German Potato Salad Creamy Coleslaw Seasonal Fresh Fruit Marble Rye Bread Ice Cream Sundae Cup
8	9	10	11	12
Vegetable Barley Soup Hot Ham & Cheese on a Sesame Bun Au Gratin Potatoes Mixed Fruit Cup Oatmeal Raisin Cookie Alt: Diet Cookie	BBQ Chicken Quarter Sweet Potatoes Green Beans Cranberry Sauce Parker Roll Black Forest Cake Alt: Diet Pudding	Old Fashioned Beef Stew with Veggies Mashed Potatoes Three Bean Salad Whole Wheat Dinner Roll Mandarin Oranges Chocolate Milk	Ground Beef with Broccoli over Brown Rice Soy Sauce Oriental Blend Veggies Chilled Pineapple Banana Muffin Alt: Peaches	Chicken Philly Sandwich with Swiss Cheese, Peppers & Onions Twice Baked Mashed Potatoes Mixed Vegetables Fruit Compote
15	16	17	18	19
Swedish Meatballs over Noodles Harvard Beets Corn and Zucchini Salad Seasonal Fruit Rice Krispie Treat	Honey BBQ Pork Loin Sour Cream & Chive Mashed Potatoes Pacific Blend Veggies Fruit Cocktail Multigrain Bread Vanilla Pudding Alt: Diet Pudding	Chili with beans & shredded cheese Mixed Veggies Romaine Lettuce Salad with French Dressing Cornbread Peach Half	Happy Holidays Chicken stuffed with Broccoli & Cheese Mushroom Quinoa Wild Rice Blend Dilled Carrot Coins Broccoli Salad Whole Wheat Roll Cranberry Compote Banana Cream Pie	Pork Chop Suey over Brown Rice Soy Sauce Stir Fry Blend Veggies Pea & Cheese Salad Chilled Pineapple
22	23	24	25	26
Roast Turkey Cubed Sweet Potatoes Seasoned Green Beans Citrus Fruit Salad Whole Wheat Bread Ice Cream Cup	Salisbury Steak Garlic Mashed Potatoes with gravy Buttered Corn Pear Half Multigrain Bread Dessert Bar Alt: Diet Cookie	Christmas Holiday No Meals Served	Christmas Holiday No Meals Served	Crustless Chicken Pot Pie over a Biscuit Winter Blend Veggies Baby Carrots with ranch Fresh Apple
29	30	31		
Italian Chicken & Pasta California Blend Veggies Spinach Salad with shredded carrots & Italian Dressing Mini Breadstick Mandarin Oranges Chocolate Milk	Ham & Corn Chowder BBQ Pulled Pork on a Bun Peas & Carrots Seasonal Fresh Fruit Chocolate Chip Cookie Alt: Diet Cookie	New Years Holiday No Meals Served		

Senior Dining and Home Delivered Meals Menu January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 New Years Holiday No Meals Served	2 Garlic Beef Lo Mein Soy Sauce Caribbean Blend Vegetables Grape Tomatoes Tropical Fruit Cup Butterscotch Pudding Alt: Diet Pudding
5 Tex-Mex Chicken and Rice Bake Crinkle Cut Carrots Texas Caviar Grapes Peanut Butter Cookie Alt: Diet Cookie	6 Meat Lasagna Two-tone Beans Strawberry Spinach Salad with Vinaigrette dressing Breadstick Pear Half	7 Brat on a Bun with Sauerkraut Ketchup/Mustard Sliced Red Potatoes with onion & peppers Baked Beans Apple Crisp Alt: Applesauce	8 Turkey Tetrazzini Maui Vegetable Blend Creamy Cucumber Salad Biscuit Seasonal Fresh Fruit Chocolate Milk	9 Mediterranean White Bean Soup/Crackers Sweet & Sour Meatballs Tomato & Onion Salad Mixed Fruit Cup Wheat Dinner Roll Frosted Carrot Cake Alt: Diet Pudding
PLEASE NOTE: MENU SUBJECT TO CHANGE WITHOUT NOTICE				
ALLERGY STATEMENT: Menu items may contain or come into contact with milk, eggs, fish, tree nuts, peanuts, wheat, sesame and/or soy.				
OVER Reservations for in-person dining are required at least ONE BUSINESS DAY in advance. To make a reservation, or to cancel a meal, please call your dining center no later than 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 Birch rock Senior Apts 280 Birch Rock Way (262) 363-4458 OPEN: Mon-Thursday				

Vitamin C: What it does, how much you need, and easy ways to get it

What Vitamin C does in your body

- Builds collagen to keep skin, tendons, ligaments, and blood vessels healthy
- Helps cuts heal and forms scar tissue
- Supports strong bones, cartilage, and teeth
- Boosts absorption of iron from plant foods (like beans, spinach, and fortified cereals)
- Supports your immune system
- Acts as an antioxidant to protect cells from damage
- Helps make neurotransmitters that allow nerve cells to communicate

How much do you need each day?

Your body can’t make or store much Vitamin C—get it daily from food (or supplements if advised).

Group (age 19+)	Daily amount (RDA)
Men	90 mg
Women	75 mg
Smokers	Add 35 mg per day to the amounts above

Upper limit from food + supplements: 2,000 mg/day. More isn’t better.

Signs you might need extra attention

- You smoke or are often around secondhand smoke
- You eat few fruits/vegetables
- Certain health conditions or medications (ask your healthcare provider)

Easy food sources (with approximate Vitamin C)

- It is best to get vitamin C from food sources, rather than a supplement. This means focusing on your fruit and vegetable intake! Some great sources of vitamin C include Citrus fruits (oranges, grapefruit, lemons and limes), bell peppers (especially red), cruciferous veggies (broccoli, kale, cauliflower, Brussel sprouts), strawberries, white potatoes, tomatoes, kiwi, cantaloupe and guava.

Simple ways to add Vitamin C

1. Add sliced bell peppers or tomatoes to sandwiches/salads
2. Snack on an orange, kiwi, or a cup of berries
3. Choose 4–6 oz of 100% citrus juice with breakfast
4. Toss broccoli or Brussels sprouts on the dinner plate
5. Add tomatoes and beans to chili or soup (helps your body use the iron from beans)

Save Vitamin C when you cook

- Vitamin C is sensitive to heat and water
- Eat some produce raw, or cook briefly (steam, microwave, or roast)
- Store cut fruits/veggies in the fridge and eat soon after cutting

Can Vitamin C prevent or shorten colds?

- It does not prevent colds, but taking Vitamin C regularly may shorten a cold slightly or make symptoms milder; starting after symptoms begin doesn’t help much

Other notes

- Food-first is best. High-dose supplements can cause diarrhea, nausea, or cramps
- Rarely, very high doses may raise kidney stone risk in some people
- It is always best to talk to your doctor before taking any supplement

Bottom line

Aim for a Vitamin C–rich food at most meals. Small daily choices—like an orange at breakfast or peppers at lunch—meet your needs without supplements for most adults.

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

To make a dining reservation, or to cancel a meal, please call your dining center no later than **11:00 AM Mon.-Fri.**

For home-delivered meal inquiries, please call our main office at **262-548-7828**

Visit our website at: www.waukeshacounty.gov

NEW BERLIN
Our Lords Methodist
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SUSSEX
Sussex Civic Center
N64 W23760 Main St
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OPEN: Mon - Friday