

Aging and Disability Resource Center of Waukesha County

Senior Dining and Home Delivered Meals Menu October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Honey Mustard Chicken Buttered Red Potatoes Seasoned Green Beans Nine Grain Bread Cubed Honeydew Apple Pie Alt: Diet Jello	Chili with beans Sour cream Mixed Veggies Creamy Cucumber Salad Cornbread Creamy Apples & Grapes
5	6	7	8	9
Roast Pork in gravy Butternut Squash with Apples & Cranberries California Florentine Veggies Nine Grain Bread Fruit Cocktail	Chicken Stew with Veggies & Dumplings Green & Yellow Beans Red Pepper Strips with Ranch Tropical fruit Cup Whole Wheat Bread Butterscotch Pudding Alt: Diet Pudding	Meatballs in Mushroom & Onion Gravy Yukon Mashed Potatoes Broccoli Salad Cantaloupe Dinner Roll Frosted Spice Cake Alt: Diet Jello	Italian Beef & Rice Casserole Prince Edward Blend Veggies Gazpacho Salad Multigrain Bread Seasonal Fresh Fruit Chocolate Milk	Loaded Baked Potato Soup BBQ Pork on a Whole Wheat Bun Creamy Coleslaw Mixed Fruit Cup Peanut Butter Cookie Alt: Diet Cookie
12	13	14	15	16
Roast Turkey in gravy Garlic Mashed Potatoes Red Cabbage Mandarin Oranges 9-Grain Bread Oatmeal Raisin Cookie Alt: Diet Cookie	Mongolian Ground Beef and Noodles Sugar Snap Pea Blend Veggies Corn & Edamame Salad Honeydew Melon	Shredded Mexican Chicken Casserole (with beans & corn) Sour Cream Mexican Rice Fresh Veggie with Ranch Chilled Pineapple Blueberry Muffin Alt: Applesauce	Hearty Sausage & Lentil Stew Buttered Baby Reds Carrot Raisin Salad Wheat Dinner Roll Seasonal Fresh Fruit	Tuna Pasta Salad with Celery & Onion Grape Tomatoes Broccoli Salad Mini French Roll Chilled Apricots Ice Cream Cup
19	20	21	22	23
Pork Tenderloin with Honey Garlic Sauce Baked Sweet Potato Peas & Pearl Onions Whole Wheat Bread Banana Chocolate Milk	Staff Training No Meals Served	Creamy Chicken Noodle Casserole 5-Way Blend Veggies Dilled Cucumber Salad Fresh Grapes Oat Bran Bread Snickerdoodle Cookie Alt: Diet Cookie	Swedish Meatballs over Noodles Steamed Broccoli Beet & Onion Salad Cantaloupe Chocolate Pudding Alt: Diet Pudding	Turkey, Broccoli & Brown Rice Casserole Maui Vegetable Blend Romaine Lettuce Salad with French Dressing Mixed Fruit Cup Frosted Cake Alt: Diet Jello
26	27	28	29	30
Cream of Broccoli Soup with Crackers Sloppy Joe on a Bun Au Gratin Potatoes Mandarin Orange Peanut Butter Cookie Alt: Diet Cookie	Chicken Cordon Bleu Casserole Cubed Sweet Potatoes Green Beans Watermelon Whole Wheat Bread Chocolate Pudding Alt: Diet Pudding	Baked Mostaccioli Squash Medley Spinach Salad with tomatoes & Italian dressing Peach Half Mini Breadstick Ice Cream Cup	Lemon Rosemary Chicken on the Bone Red Skin Mashed Potatoes Ancho BBQ Pinto Beans Multigrain Bread Fruit Compote	Batty Beef Stew with potatoes & veggies Creepy Creamed Corn Monster Marinated Veggies Boo Biscuit with Butter & Honey Frankenstein's Fresh Fruit

Senior Dining and Home Delivered Meals Menu NOVEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Turkey Tetrizzini Seasoned Spinach Glazed Carrots Whole Wheat Bread Citrus Fruit Cup	Egg Roll in a Bowl with Beef with Soy Sauce Veggie Fried Rice Sweet & Sour Sauce Tomato & Onion Salad Seasonal Fresh Fruit Zucchini Bread	White Chicken Chili with beans Southwest Corn Dilled Cucumber Salad Biscuit Peach Half Chocolate Milk	Smothered Pork Loin Buttered Baby Reds Stewed Cabbage with Apples Pear Half Multigrain Bread Frosted Brownie Alt: Plain Brownie	Fish Patty on a Wheat Bun w/tartar sauce cheese and shredded lettuce Ranch Wedges/ketchup Pepper Strips with Ranch Pound Cake with Strawberries
9	10	11	12	13
Oven Baked Ham Mashed Sweet Potatoes Seasoned Green Beans Pear Half Marble Rye Bread Pecan Pie Alt: Diet Pudding	Crustless Chicken Pot Pie over a Biscuit Steamed Broccoli Baby Carrots with Ranch Warm Cinnamon Apple Slices	Veterans Day Beef Tips with Mushrooms & Onions Garlic Mashed Potatoes Glazed Carrots Broccoli Salad Assorted Dinner Rolls Fruited Pie	Creamy Rigatoni with Italian Sausage Rainbow Carrots Mixed Greens with Kale, Cherry Tomato & Dressing Mini Breadstick Fresh Grapes	Seasoned Pepper Steak over Rice Pilaf Soy Sauce Japanese Blend Veggies Thai Cucumber Salad Peaches Whole Wheat Bread Ice Cream Cup
PLEASE NOTE: MENU SUBJECT TO CHANGE WITHOUT NOTICE 1% milk included ALT= Lower Sugar Alternative ALLERGY STATEMENT: Menu items may contain or come into contact with milk, eggs, fish, tree nuts, peanuts, wheat, sesame and/or soy.				
Reservations for in-person dining are required at least ONE BUSINESS DAY in advance. OVER 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 Aptes 280 Birch Rock Way (262) 363-4458 OPEN: Mon-Thursday				

Food Safety Review

As we age, our immune system may not fight infection as well as when we were younger, which makes us more likely to become seriously ill from foodborne germs. Following safe food-handling practices at home can help prevent food poisoning.

Keep It Clean

- Wash hands with warm water and soap for at least 20 seconds before preparing food and before eating.
- Wash hands after handling raw meat, poultry, seafood, eggs, pets, garbage, or using the restroom.
- Wash fruits and vegetables under running water before eating, cutting, or cooking—even items like melon: although we do not eat the rind, cutting through it can carry germs from the outside into the edible portion.
- Clean cutting boards, countertops, utensils, and dishes with hot, soapy water after every use.
- Do **not** wash raw chicken, turkey, meat, or eggs; splashing water can spread germs around the kitchen.

Separate Raw and Ready-to-Eat Foods

- Keep raw meat, poultry, seafood, and eggs away from foods that will not be cooked, such as fruit, salad, bread, and cooked leftovers.
- Use separate cutting boards and plates for raw meat and fruits and vegetables.
- Never place cooked food back on a plate that held raw meat unless the plate has been washed.

Cook Foods Thoroughly

Use a food thermometer—color and texture are not reliable signs that food is fully cooked.

Poultry, stuffed foods, and reheated leftovers	165°F
Ground meats and egg dishes	160°F
Whole cuts of beef, pork, lamb, and fish	145°F
Hot foods held for serving	140°F or higher

Chill Food Promptly

- Refrigerate or freeze perishable foods as soon as you get them home from the store.
- Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature for more than two hours (or one hour at above 90 °F).
- Keep cold foods at 40°F or below until served.
- Thaw frozen foods in the refrigerator, under cold running water, or in the microwave—not on the counter.
- Use refrigerated leftovers within 3 to 4 days.

When in Doubt, Throw It Out

Do not taste food to decide whether it is safe. Throw away food that has been left out too long, has an unusual odor or appearance, or has been stored improperly.

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 262-548-7848

Visit our website at: www.waukeshacounty.gov

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

SUSSEX
Sussex Civic Center
N64 W23760 Main St
(262) 246-6747
OPEN: Mon - Friday