


**Aging and Disability Resource Center of Waukesha County
Senior Dining and Home Delivered Meals Menu JULY 2026**

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Turkey ala King over Rice Maui Blend Veggies Cauliflower Salad Nine Grain Bread Waldorf salad	Happy 250th, America! Jumbo Hot Dog on Bun Ketchup/Mustard/Relish American Fried Potatoes Baked Beans Watermelon Slice Ice Cream Treat	July 4th Holiday No Meals Served
6	7	8	9	10
Smothered Meatballs Twice Baked Mashed Potatoes Peas & Carrots Whole Wheat Bread Strawberry Applesauce	Creamy Garlic and Herb Chicken Pasta Italian Blend Veggies Mixed Greens Salad with Kale/Raspberry Vinaigrette Italian Bread Fruit Compote	Denver Omelet with Cheese Sausage Patty Hash Brown Potatoes Ketchup Seasonal Fresh Fruit Donut Hole Chocolate Milk	Bastille Days Sliced Beef Burgundy Mashed Potatoes Sunshine Carrots Broccoli & Cauliflower Salad Grapes Mini Croissant Chocolate Mousse	Festa Italiana Spaghetti Marinara with Ground Italian Sausage Parmesan Cheese Italian Green Beans Spinach Salad with Italian Dressing Mixed Fruit Cup Mini Breadstick Cannoli
13	14	15	16	17
Pork Stir Fry over Rice Soy Sauce Japanese Blend Veggies Mini Veggie Egg Roll with Sweet & Sour Pineapple Sugar Cookie Alt: Diet Cookie	Chicken Fajita Pasta Green Beans Jicama with Ranch Dressing Tropical Fruit Cup Butterscotch Brownie Alt: Diet Jello	Beef Stew with Veggies Twice Baked Mashed Potatoes Creamed Corn Whole Wheat Bread Seasonal Fresh Fruit	Waukesha County Fair Brat on a Bun with Sauerkraut Ketchup/Mustard Dilled Potato Salad Baked Beans Watermelon Ice Cream Sundae Cup	Chicken Salad with Grapes Parmesan Zucchini & Corn Salad Baby Carrots with Hummus Dinner Roll Honeydew Melon
20	21	22	23	24
Meatball Marinara Sub Parmesan Cheese Potatoes Italiano Venetian Blend Veggies Chilled Apricots Lemon Meringue Pie Alt: Diet Pudding	Taco Bake over Brown Rice Sour Cream Buttered Carrot Coins Texas Caviar with Tortilla Chips Kiwi Chocolate Milk	Monterey Chicken Double Baked Potato Casserole Romaine Lettuce Salad with Ranch Dressing Whole Wheat Dinner Roll Seasonal Fresh Fruit	German Fest Roast Pork in mushroom & onion gravy Buttered Spaetzle Sweet & Sour Red Cabbage Spiced Applesauce Creamy Cucumber Salad Marble Rye Bread German Chocolate Cake	Shredded Turkey & Gravy over Mashed Potatoes Caribbean Blend Vegetables Nectarine Zucchini Bread Alt: Diet Jello
27	28	29	30	31
Chicken and Sausage Gumbo Red Beans and Rice Green Beans Tropical Fruit Cup Cornbread Ice Cream Cup	Salisbury Steak with gravy Garlic Mashed Potatoes Brussel Sprouts Nine Grain Bread Cantaloupe	Honey Glazed Ham Sweet Potatoes Pea & Cheese Salad Mixed Berries Dinner Roll Chocolate Pudding Alt: Diet Pudding	Lemon Rosemary Chicken Quarters Au Gratin Potatoes Broccoli Salad Mandarin Oranges Sourdough Bread Chocolate Milk	Swedish Meatballs over Noodles Honey Glazed Carrots Greek Zucchini Salad Watermelon Apple Streusel Cake Alt: Applesauce

Senior Dining and Home Delivered Meals Menu AUGUST 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Sloppy Joe on a Wheat Bun American Fried Potatoes Baked Beans Peach Half Chocolate Chip Cookie Alt: Diet Cookie	Stuffed Pepper Casserole Sunshine Carrots Cucumber Slices with Ranch Whole Wheat Bread Fruit Compote	Honey Mustard Chicken Buttered Red Potatoes Cauliflower Salad Multigrain Bread Honeydew Melon Chocolate Milk	WI State Fair Day BBQ Shredded Pork on a Bun Cubed Sweet Potatoes Buttered Corn Mixed Berries Cream Puff	Carolina Salad with Chicken & Maple Mustard Vinaigrette Mediterranean Couscous Salad Wheat Dinner Roll Seasonal Fresh Fruit
10	11	12	13	14
Vietnamese Caramelized Pork over Brown Rice Soy Sauce Sugar Snap Peas Baby Carrots with Ranch Fruit Cocktail Chocolate Milk	Turkey Tetrazzini Seasoned Green Beans Cucumber, Tomato & Red Onion Salad Mixed Fruit Cup Whole Wheat Dinner Roll Vanilla Pudding Alt: Diet Pudding	BBQ Riblet Au Gratin Potatoes Garbanzo Bean Salad Buttermilk Biscuit Watermelon	Irish Fest Half Reuben Sandwich (Corned beef, Swiss, Sauerkraut and Thousand Island) on Marble Rye Parslied Potatoes Dill Crinkle Cut Carrots Seasonal Fresh Fruit Frosted Brownie	Cincinnati Chili over Spaghetti, Topped w/ Cheddar Cheese Spinach Salad with Ranch Dressing Seasonal Fresh Fruit Oatmeal Raisin Cookie Alt: Diet Cookie

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.

<p>MUKWONAGO Birch rock Senior Aptes 280 Birch Rock 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 any home-delivered meal changes, please call our office at 262-548-7826</p>	<p>To make a reservation, or to cancel a meal, please call your dining center no later than 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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Navigating the Nutrition Facts Label

Nutrition labels are meant to be helpful tools for making healthy food choices. There is a lot of information jammed into the small, rectangular box on packaged food and drinks. But if you know what to look for, the process of choosing healthy food can be much easier!

Serving Sizes Get Real

Servings per container and serving size information appear in large, bold font. The **Servings per Container** informs you how many total servings are found in the package you are holding. *Looking at the label below, this package contains 8 total servings.*

The Food and Drug Administration (FDA) **servicing size** is the amount that people might typically eat or drink in one setting. (It is NOT a recommendation on how much to eat.) The

key to remember is: what you consider one serving may be MORE or less than one serving as defined by the FDA.

Unfortunately, many of us misjudge or underestimate what a serving is. Often, we eat more than one. *If we ate the entire package of this food, we would be eating 8 total servings.*

Calories Per Serving

The number of calories per serving is hard to miss! Calories are highlighted in big, bold font to make the information easier to find and use. Calories provide energy and the key is balancing the calories you take in with the calories your body burns. *If we ate the entire package of this food item, we would consume 1,840 calories (230 calories per serving x 8 servings)*

*2,000 calories a day is used as a guide for general nutrition advice on the food label, but it is important to remember that many of us do not need that many calories in a day!

The Lows and Highs of % Daily Value

The percent Daily Value (%DV) shows how much of a nutrient in a serving of food contributes to a total daily diet. Use the %DV to determine if a serving of food is high

or low in an individual nutrient. As a general guide:

- **5% DV or less** of a nutrient per serving is considered **low**.
- **20% DV or more** of a nutrient per serving is considered **high**.

Next month, we will continue to dive into the information on the food label. Coming up next: All about the nutrients listed! Nutrients are substances in your food that keep your body working well. As we age, our nutritional needs change. The Nutrition Facts label can help us monitor some of the nutrients in our diet. Tune in next month.....

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories 230	
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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 new 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