




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

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> <b>KENTUCKY DERBY</b> Root Beer Glazed Ham Macaroni and Cheese Dilled Carrot Coins Spinach Salad with Berries & Raspberry Vinegrette Peach Crisp
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Pub Burger on a Wheat Bun with Mushrooms & Swiss Ketchup/Dijon Mustard Buttery Dilled Red Potatoes 3-Bean Salad Fresh Pear Chocolate Milk	<b>Cinco de Mayo</b> Mexican Chicken Casserole with sour cream Mexican Rice Green Beans Sliced Jicama with Ranch Seasonal Fresh Fruit Cinnamon Sugar Donut Holes	<b>Brewers vs Cardinals</b> St Louis Style Pork Loin Cheesy Potato Casserole Broccoli Salad Seasonal Fresh Fruit Whole Wheat Dinner Roll Chocolate Chip Cookie Alt: Diet Cookie	Shredded Turkey and Gravy over Mashed Potatoes Brown Sugar Glazed Carrots 9-Grain Bread Fruit Salad Butterscotch Pudding Alt: Diet Pudding	Spaghetti with Meat Sauce Parmesan Cheese Italian Blend Vegetables Mixed Greens Salad with Balsamic Vinaigrette Mini Breadstick Cantaloupe
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>Mother's Day Lunch</b> Chicken Stuffed with Asparagus and Cheese Roasted Sweet Potatoes Country Blend Veggies Berry Delight Fruit Salad Crusty Roll Vanilla Ice Cream	Smothered Meatballs Mashed Potatoes Buttered Beets Multigrain Bread Fruit Compote	Italian Beef and Rice Casserole Prince Edward Blend Veggies Gazpacho Salad Seasonal Fresh Fruit Frosted Banana Cake Alt: Plain Cake	Sloppy Joe on a Wheat Bun American Fried Potatoes/Ketchup Mexican Coleslaw Warm Cinnamon Apple Slices Chocolate Milk	Indian Butter Chicken Basmati Rice with Peas Garlic Green Beans Tomato & Onion Salad Mandarin Oranges Indian Fruit Custard
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Turkey ala King over a Biscuit Pacific Blend Veggies Grape Tomatoes Mixed Fruit Cup Peanut Butter Cookie Alt: Diet Cookie	Pork Chop Suey over Brown Rice Soy Sauce Japanese Blend Veggies Cucumber Slices with Ranch Chilled Pineapple Chocolate Milk	Creamy Garlic and Herb Chicken Pasta Sunshine Carrots Spinach Salad with Vinaigrette Dressing Mini Breadstick/butter Strawberry Cream Pie Alt: Pear Half	Beef Tips with Mushrooms & Onions Garlic Mashed Potatoes Buttered Corn Sunshine Fruit Salad Wheat Dinner Roll/butter Seasonal Fresh Fruit	Brat on a Bun with Sauerkraut Ketchup/Mustard Hot German Potato Salad Baked Beans Sliced Watermelon Ice Cream Sundae Cup
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>Memorial Day</b>  <b>No Meals Served</b>	Pork Loin with Apples Buttered Red Potatoes Peas & Carrots 9-grain Bread Citrus Fruit Salad Brownie	Baked Chicken Quarters Mashed Sweet Potatoes Marinated Bean Salad Kiwi Cornbread/butter Chocolate Pudding Alt: Diet Pudding	Italian Sausage & Tortellini Caribbean Blend Veggies Mixed Greens Salad with Italian Dressing Italian Bread Cantaloupe	Lightly Breaded Cod Tartar Sauce Potato Pancakes with syrup Creamy Coleslaw Fresh Strawberries

**Senior Dining and Home Delivered Meals Menu JUNE 2026**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Sweet & Sour Chicken with pineapple, green peppers & onion over Brown Rice Caribbean Blend Veggies Fruit Cocktail Blueberry Muffin	BBQ Riblet Au Gratin Potatoes Two-tone Beans Buttermilk Biscuit Ambrosia Fruit Salad	Salisbury Steak with Gravy Baked Potato with Sour Cream Corn & Zucchini Salad Multigrain Bread Cantaloupe Slice Chocolate Milk	Creamy Mushroom & Beef Casserole Country Mix Vegetables Chickpea Salad Fruit Cup Whole Wheat Bread Frosted Brownie Alt: Diet Pudding	Berry Spring Salad with Chicken Cucumber & Tomato Salad Seasonal Fresh Fruit Crusty Roll Peanut Butter Cookie Alt: Diet Cookie
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Scalloped Potatoes with Diced Ham 5-way Blend Veggies Tropical Fruit Cup Multigrain Bread Strawberry Ice Cream	Lasagna Roll-Up Parmesan Cheese Italian Blend Veggies Mixed Greens Salad with Kale and Italian Dressing Mini Breadstick Pear Half	Roast Turkey in Gravy Herbed Stuffing Harvard Beets Cauliflower Salad Mandarin Oranges Wheat Roll Oatmeal Raisin Cookie Alt: Diet Cookie	<b>Polish Fest</b> Golabki (Cabbage Roll) Baked Potato with sour cream Creamy Cucumber Salad Mixed Berries Marble Rye Bread Lemon Bar Alt: Diet Pudding	<b>Brewers vs Phillies</b> Chicken Philly Sandwich with provolone, peppers & onion Rosemary Roasted Potatoes Baby Carrots with Ranch Watermelon

**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><b>MUKWONAGO</b> Birch rock Senior Aptes 280 Birch Rock Way (262) 363-4458 OPEN: Mon-Thursday</p>	<p><b>MEMONONEE FALLS</b> Menomonee Falls Community Center W152 N8645 Margaret (262) 251-3406 OPEN: Mon - Friday</p>	<p><b>BROOKFIELD</b> Brookfield Community Center 2000 North Calhoun Rd (262) 782-1636 OPEN: Mon - Friday</p>	<p>Visit our website at: <a href="http://www.waukeshacounty.gov">www.waukeshacounty.gov</a></p>	<p>For home-delivered meal inquiries, please call our main office at 262-548-7826</p>	<p>Reservations for in-person dining are required at least <b>ONE BUSINESS DAY</b> in advance.</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><b>OVER</b></p>
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# Calcium and Vitamin D: Do I Need a Supplement?

Last month we talked about the importance of Calcium in your diet. This month we will focus on Vitamin D. Vitamin D works closely with calcium. Without enough vitamin D, the body cannot absorb calcium effectively, even if calcium intake is adequate.

**Why Vitamin D Matters-** Vitamin D helps the body absorb calcium, maintain bone strength, support muscle function, and reduce the risk of falls and fractures. As we age, our skin becomes less efficient at producing vitamin D from sunlight, and our intake from food is often not enough to meet daily needs. For many of us, supplementation may be appropriate, but it should be done thoughtfully and, when possible, with input from a healthcare provider.

## Recommended Intake

For most older adults, general daily intake recommendations are:

- Adults age 51–70: 600 IU per day
- Adults age 71 and older: 800 IU per day

Vitamin D is found naturally in some foods, but unfortunately there are not many of them. This makes it difficult to get enough Vitamin D from diet alone. Here are some tips to help optimize your intake of Vitamin D.

## When Shopping:

- Purchase foods naturally high in vitamin D, like fish and eggs
- Look for food items fortified with vitamin D, like beverages and cereals
- Read food labels for vitamin D content

## During Meal Preparation:

- Breakfast is a good opportunity for high vitamin D foods — from eggs, to cereal, to milk and yogurt
- Include fatty fish in your diet (salmon, sardines, mackerel)

## At the Table:

- Offer beverages fortified with vitamin D, such as milk or other plant based beverages
- Provide fortified soft spread margarines at the table

For many of us, the question still remains: do I need a supplement? It is always best to talk with your healthcare provider before starting any supplements. They will be able to provide you the recommended amount you should take based on your lifestyle and any other health conditions you may have. A common supplement amount for older adults is 800 to 1,000 IU daily, but some people may need a different dose based on their health needs.

Vitamin D supplements usually come in two forms:

- Vitamin D3 – often preferred
- Vitamin D2 – also used in some products

**What is the Bottom Line?-** Vitamin D is an important part of healthy aging. It promotes strong bones, helps muscles to move, and has a role in keeping the immune system healthy. Vitamin D may even play an important role in the health of an aging brain. For many of us, a daily supplement can help us get the right amount in our bodies every day. If you are unsure whether vitamin D is right for you, talk with your healthcare provider or pharmacist.

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](http://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