

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 National Pumpkin Spice Day Roast Turkey with gravy Herbed Stuffing Maple Glazed Carrots Broccoli Salad Applesauce Pumpkin Pudding	2 Pork Cutlet in light Gravy Mashed Red Potatoes Steamed Spinach Multigrain Bread Pears Chocolate Milk	3 Chicken & Mushroom Stroganoff over Noodles Peas & Carrots Fresh Cucumber Slices with Ranch Pound Cake with Mixed Berries
6	7	8	9	10
Honey Sesame Chicken over Brown Rice Japanese Blend Veggies Fresh Pepper Strips with Ranch Dinner Roll Chilled Pineapple	St. Louis Style BBQ Pork Loin Seasoned Diced Red Potatoes Creamed Corn Whole Wheat Bread Fresh Apple	Porcupine Meatballs Baked Sweet Potato Italian Beans Multigrain Bread Seasonal Fresh Fruit Chocolate Milk	Turkey, Broccoli & Brown Rice Casserole Dilled Carrot Coins Romaine Lettuce Salad with French Dressing Mixed Fruit Cup Frosted Cake Alt: Diet Jello	Tuna Salad with onion & Celery Mini French Roll Creamy Cucumber Salad Corn & Edamame Salad Fruit Cocktail Chef's Choice Cookie Alt: Diet Cookie
13	14	15	16	17
Italian Sausage on a Bun with peppers, onions & marinara Two-tone Beans Couscous Salad Strawberry Applesauce	Salisbury Steak with gravy Mashed Potatoes Harvard Beets Mandarin Oranges Whole Wheat Bread Oatmeal Raisin Cookie Alt: Diet Cookie	Seasoned Chicken Quarters Butternut Squash Three Bean Salad Wheat Dinner Roll Seasonal Fresh Fruit	Smothered Meatballs in Mushrooms & Onions Garlic Mashed Potatoes 5-way Mixed Veggies Multigrain Bread Cherry Pie Alt: Fruit Cocktail	Creamy Chicken Noodle Casserole Steamed Broccoli Tomato & Onion Salad Seasonal Fresh Fruit Sesame Bread Chocolate Pudding Alt: Diet Pudding
20	21	22	23	24
Roast Pork with Thyme and Mushroom Gravy Twice Baked Mashed Potatoes Dilled Carrot Coins Whole Wheat Bread Mixed Fruit Cup	Turkey Tetrazzini Maui Blend Veggies Cauliflower Salad Nine Grain Bread Fruit Crisp Alt: Pears	Beef Stroganoff over Noodles Seasoned Green Beans Cucumber, Tomato & Red Onion Salad Multigrain Bread Banana	Chicken Divan over Brown Rice Sicilian Grande Veggies Romaine Lettuce Salad with French Tropical Fruit Salad Lemon Bar Alt: Diet Cookie	Hearty Sausage & Lentil Stew Buttered Baby Reds Carrot Raisin Salad Wheat Dinner Roll Fruit Cocktail Chocolate Milk
27	28	29	30	31
Hot Ham and Cheese on a Wheat Bun Mayo/Mustard Au gratin Potatoes Brussel Sprouts Pear Half Ice Cream Cup	Shredded Turkey & Gravy over Mashed Potatoes Glazed Carrots Seasonal Fresh Fruit Oat Bran Bread Vanilla Pudding Alt: Diet Pudding	Baked Mostaccioli Squash Medley Spinach Salad with tomatoes & Italian Dressing Mini Breadstick Mixed Fruit Cup	White Chicken Chili with beans Southwest Corn Dilled Cucumber Salad Biscuit Peach Half Chocolate Milk	Happy Halloween Batty BBQ Pork Riblet Monster Mashed Sweet Potatoes Cauldron Creamy Coleslaw Restful Rye Bread Goblin Grapes Pumpkin Patch Cake

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Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Shepherd's Pie Seasoned Green Beans Beet & Onion Salad Wheat Dinner Roll/butter Mandarin Orange	Mandatory Staff Training No Meals Served	Ring Bologna Hot German Potato Salad Baked Beans Mandarin Oranges Rye Bread/butter Butterscotch Pudding Alt: Diet Pudding	Chicken Stew with Veggies & Dumplings Rosemary Roasted Potatoes Cucumber Slices/Ranch Multigrain Bread/butter Apple Cobbler Alt: Applesauce	Butternut Squash Macaroni & Cheese Stewed Tomatoes Winter Blend Veggies Cranberry Compote Chocolate Milk
10	11	12	13	14
Pub Burger on Bun with mushrooms & Swiss Ketchup/mustard Tri-Tater Creamed Corn Fruit Cocktail	Veterans Day Beef Tips with Mushrooms & Onions Mashed Potatoes with gravy Maple Glazed Carrots Broccoli Salad Assorted Dinner Rolls/butter Fruited Pie	Loaded Baked Potato Soup BBQ Pork on a Whole Wheat Bun Baby Carrots with Hummus Chef's Choice Fruit Peanut Butter Cookie Alt: Diet Cookie	Chicken & Broccoli Alfredo Bake Mixed Veggies Mixed Greens Salad with tomato & cucumber Italian Dressing Italian Bread/Butter Mandarin Oranges	Pork Chop Suey with Veggies over Brown Rice/Soy Sauce Sugar Snap Peas Chilled Pineapple Coconut Cake Alt: Diet Pudding
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.				
<div><div><div><u>MUKWONAGO</u> Birch rock Senior Apts 280 Birch rock Way (262) 363-4458 OPEN: Mon-Thursday</div><div><u>MENOMONEE FALLS</u> Menomonee Falls Community Center W152 N8645 Margaret (262) 251-3406 OPEN: Mon - Friday</div><div><u>BROOKFIELD</u> Brookfield Community Center 2000 North Calhoun Rd (262) 782-1636 OPEN: Mon - Friday</div><div>Visit our website at: www.waukeshacounty.gov</div><div>For home-delivered meal inquiries, please call our main office at 262-548-7826</div></div><div><div>Reservations for in person dining are required at least ONE BUSINESS DAY in advance.</div><div>To reserve a seat, or to cancel a meal, please call your dining center no later than 11:00 am, Mon.-Fri.</div></div></div>				
<div>OVER</div>				

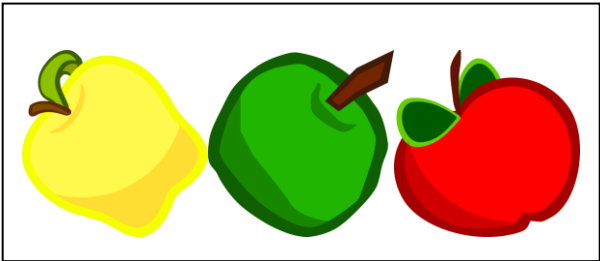
I am supposed to eat HOW MANY Fruits & Veggies?

As we get older, eating enough fruit and vegetables is essential to staying healthy, active and independent. However, according to a report from the Produce for Better Health Foundation, adults age 50 and older are eating less produce than they were just a few years ago. Why are fruits and veggies important? These natural wonders are packed with essential vitamins, minerals, fiber, and antioxidants that promote overall well-being. Fruits and vegetables offer a wide array of essential nutrients that are vital for older adults. Some of the key nutrients include Vitamin C, Vitamin A, Folate, Fiber, Potassium and Antioxidants.

How many do I need?

The 2020-2025 Dietary Guidelines for Americans recommend 1.5 to 2 cup-equivalents of fruits and 2 to 3 cup-equivalents of vegetables daily for adults. For the optimal mix of nutrients, daily servings should come from each of the categories below:

- 1. Dark green leafy vegetables
- 2. Red fruits and vegetables
- 3. Yellow or orange fruits and vegetables
- 4. Legumes (beans) and peas
- 5. Citrus fruits



How can I get more into my diet?

- 1. Start by adding one extra fruit or vegetable a day.
- 2. Blend a Smoothie – Add fresh or frozen fruits like berries or bananas with some spinach or kale for a nutritious breakfast or snack.
- 3. Add finely grated carrots or zucchini to dishes like pasta sauce, meat loaf or chili.
- 4. Top pancakes, cereals, oatmeal, or yogurt with fresh fruit.
- 5. Make omelets with veggies rather than meat.
- 6. Snack Smart – When you're out and about, having healthy snacks on hand will make it easier for an older adult to make smart choices. These might include dried fruit (e.g., raisins or apricots), raw veggie sticks (e.g., carrots or celery), or any type of fresh fruit (e.g., banana or apple).
- 7. Brighten Your Plate – Add a side of roasted vegetables to lunch or dinner. Try seasonal options like zucchini, squash, or beets.
- 8. Soup it Up – Soups and stews are perfect for packing in extra veggies like tomatoes
- 9. Include a side salad with leafy greens, tomatoes and cucumbers at dinner.
- 10. Keep fruits and vegetables visible- Place some colorful, washed, ready-to-eat fruits in a bowl on the counter, or in a clear container in the fridge. Wash and pre-cut vegetables (baby carrots, sliced cucumbers or peppers) so they are ready to grab and eat.

Frequently asked questions:

- 1. Are frozen options good for you? Frozen fruits and vegetables are just as nutritious as fresh ones. The freezing process helps retain their nutritional value! Just watch out for added sugars or veggies with added cheese or cream sauce.
- 2. Can't I just take supplements? Think of supplements as "filling the gap". It is important to prioritize whole fruits and vegetables as the primary source of nutrients. Supplements should be used as a complement to a healthy diet, not a replacement.

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To reserve a seat, 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
5000 Sunny Slope Rd
(414) 529-8320

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