



AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND MEALS ON WHEELS MENU May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Pork Chop Suey with Veggies over Brown Rice/Soy Sauce Sugar Snap Veggie Blend Chilled Pineapple Peanut Butter Cookie Alt: Diet Cookie	KENTUCKY DERBY Open-faced Hot Turkey Sandwich with gravy on Wheat Hashbrown Casserole Peas & Pearl Onions Watermelon Banana Pudding Alt: Diet Pudding
5	6	7	8	9
Cinco De Mayo Mexican Ground Beef Casserole with Brown Rice/sour cream Green Beans Sliced Jicama with Ranch Pineapple Cinnamon Sugar Donut Holes	Creamy Tuscan Sausage and Pasta Sicilian Grande Veggies Mixed Greens Salad with French Dressing Garlic Breadstick Grapes	Roast Turkey in gravy Herbed Stuffing Harvard Beets Dilled Cucumber Salad Peaches	Pub Burger with Provolone on a Wheat Bun Ketchup/Mustard Ranch Wedges Pea & Cheese Salad Cantaloupe Strawberry Ice Cream Cup	Apple Cranberry Chicken Salad On Pita Bread Broccoli Salad Carrot Raisin Salad Mixed Fruit Chocolate Cake Alt: Diet Jello
12	13	14	15	16
Happy Mother's Day! Chicken Cordon Bleu Candied Sweet Potatoes Broccoli Salad Seasonal Fresh Fruit Nine Grain Bread Frosted Cake Alt: Pears	Roast Pork in gravy Garlic Mashed Potatoes Harvard Beets Multigrain Bread Honeydew Chocolate Milk	Ham Macaroni Salad Tomato & Onion Salad Baby Carrots with Ranch Mandarin Oranges Whole Wheat Roll Chocolate Pudding Alt: Diet Pudding	Chicken Philly Sandwich with Swiss/Peppers/Onions Rosemary Roasted Potatoes Peas & Carrots Seasonal Fresh Fruit	Bacon Cheeseburger Casserole Seasoned Green Beans Garbanzo Bean Salad Watermelon Vanilla Ice Cream
19	20	21	22	23
Turkey ala King over Brown Rice Caribbean Blend Veggies Tomato & Cucumber Salad Fruit Cocktail Peanut Butter Cookie Alt: Diet Cookie	Egg Bake with peppers & onion Sausage Patty Tri-Tater/ketchup Mini Bagel with Cream Cheese Banana	Beef Tips with Mushrooms and Onions Mashed Potatoes Maple Glazed Carrots Whole Wheat Bread Pear Half Chocolate Milk	BBQ Chicken Breast Cheddar Chive Mashed Potatoes Baked Beans Baking Powder Biscuit Apple Pie Alt: Applesauce	Breaded Fish Tartar Sauce Au Gratin Potatoes Creamy Coleslaw Light Rye Bread Peach Half
26	27	28	29	30
Memorial Day No Meals Served	Jumbo Hot Dog on Bun with Diced Onion Ketchup/Mustard American Potato Salad Mixed Veggies Mandarin Oranges Chocolate Ice Cream Cup	Baked Chicken Quarter Cheesy Diced Potato Casserole Mixed Greens with Kale and Italian Dressing Whole Wheat Bread Citrus Fruit Salad	Festa Italiana Spaghetti Marinara w/ Ground Italian Sausage Italian Beans Italian Tomato & Onion Salad Pound Cake with Cherries	Tex-Mex Chicken and Rice Bake Carrot Coins Texas Caviar Honeydew Melon Snickerdoodle Cookie Alt: Diet Cookie

SENIOR DINING AND MEALS ON WHEELS MENU June 2025

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Honey Mustard Chicken Buttered Red Potatoes Cauliflower Salad Multigrain Bread Peaches Chocolate Milk	St Louis Style Pork Loin Twice Baked Mashed Potatoes Steamed Broccoli Watermelon Wheat Roll Vanilla Pudding Alt: Diet Pudding	National Cheese Day Cheeseburger on a Bun Ketchup/Mustard Sour Cream & Chive Wedges Three Bean Salad Grapes Rice Krispie Treat Alt: Diet Jello	Swedish Meatballs over Noodles Peas & Pearl Onions Baby Carrots with Ranch Cantaloupe	Turkey Tetrazzini Sicilian Grande Veggies Cold Beet Salad Whole Wheat Bread Ambrosia Fruit Salad
9	10	11	12	13
Strawberry Pie Day Diced Ham & Au Gratin Potatoes Green Beans Grape Tomatoes Whole Wheat Bread Strawberry Rhubarb Pie	Crustless Chicken Pot Pie over Biscuit Sunshine Carrots Spinach Salad with French Dressing Seasonal Fresh Fruit	Salisbury Steak in Gravy Mashed Potatoes Creamed Corn Peaches Nine Grain Bread Ice Cream Cup	Polish Fest Gołąbki (Cabbage Roll) Baked Potato with Sour Cream Cucumber Salad Mixed Fruit Cup Rye Bread Lemon Bar	Chicken Stir Fry over Brown Rice Soy Sauce Japanese Blend Veggies Chilled Pineapple Banana Muffin Alt: Applesauce
PLEASE NOTE: MENU SUBJECT TO CHANGE WITHOUT NOTICE 1% MILK INCLUDED ALT= LOW SUGAR ALTERNATIVE				
<div><div><div><div><div><div>Visit our website at: www.waukeshacounty.gov</div><div>BROOKFIELD Brookfield Community Center 2000 North Calhoun Rd (262) 782-1636 OPEN: Mon - Friday</div></div></div><div><div>MENOMONEE FALLS Menomonee Falls Community Center W152 N8645 Margaret (262) 251-3406 OPEN: Mon - Friday</div><div>MUKWONAGO Birchrock Senior Apts 280 Birchrock Way (262) 363-4458 OPEN: Mon-Thursdays</div></div><div><div><div>Reservations for in person dining are required at least ONE BUSINESS DAY in advance.</div><div><div>OVER</div></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>For home-delivered meal inquiries, please call our main office at 262-548-7826</div></div></div></div></div></div>				

Gratitude & Improving Health

Source: American Heart Association

Did you know there are “Good Mood Foods”?

- Fruits and Veggies
- Omega-3 Fatty Acids-this is the good stuff found in foods like fish and nuts.
- Chocolate-As a special treat, chocolate may have properties that improve mood. The key is top choose real chocolate (dark is best!)

Gratitude is more than a buzzword. It’s a habit and practice that may change your perception of well-being. Feeling overwhelmed? Do you sometimes feel like you just can’t catch a break? Do you sometimes feel negative and cynical? Sure, we all do. But a lot can lead to depression — which is linked to poor heart health, including inflammation and a weak immune system. Yikes!

Research has shown that that the practice of gratitude is associated with many positive effects in a person’s physical and mental health. Expressing gratitude can improve sleep, mood and immunity, and can decrease depression, anxiety, chronic pain and disease. So, being grateful is the gift that keeps on giving, right? Who couldn’t use all these benefits right now?

Here’s a simple way to get started. Write these down before you go to bed. In five minutes, you can practice gratitude from the heart.

1. Health: What did your body do for you today?

You take about 8 million breaths per year, based on 15-16 breaths per minute. Your feet can take you up a mountain; your arms can hold someone you love. Take a minute to marvel at the finely tuned machinery of your body and thank yourself for the steps you take every day to keep it safe and healthy.

2. Eat: What did you feed your body to nourish yourself today?

Was it an old favorite, something you made or something new and different you tried? If you eat three meals a day, you’ll eat about a thousand meals this year. Take a minute to savor an especially yummy meal or snack.

3. Activity: What did you enjoy doing today?

Did you finish a crossword puzzle today or find some quiet time to read Take a minute to think back on one particularly awesome moment.

4. Relationship: With whom do you look forward to connecting?

Is it someone who you haven’t spoken with in a while, someone who always has a smile for you, or a special grandchild? Take a minute to smile as you think about this special person. Then plan to get together or talk with them soon.

5. Time: What are you doing right now?

Every single day you wake up with 24 brand new hours. The past is history, the future is a mystery and today is a gift — that’s why it’s called the present! Take a minute to be thankful for the gift of time, including any extra time you have right now for your family or yourself.

Let’s do this — and be Healthy for Good!

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Visit our website at: www.waukeshacounty.gov

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

OCONOMOWOC
Oconomowoc
Community Center
220 W. Wisconsin Ave
(262) 567-5177
OPEN: Mon - Friday

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