

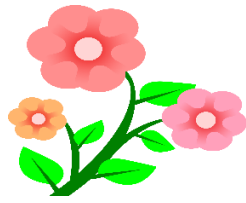



**Aging and Disability Resource Center of Waukesha County
Senior Dining and Home Delivered Meals Menu APRIL 2026**

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Chicken & Mushroom Stroganoff over Noodles Steamed Spinach Carrot Sticks with Ranch Apple Juice Frosted Brownie Alt: Diet Cookie	BBQ Riblet Baked Sweet Potato Two-tone Beans Whole Wheat Bread Seasonal Fresh Fruit	Vegetable Lasagna Italian Blend Veggies Romaine Lettuce Salad with Italian Dressing Mini Breadstick Peach Half
6	7	8	9	10
Glazed Ham Diced Butternut Squash with Cranberries Green Beans Almondine Tropical Fruit Cup Whole Wheat Bread Butterscotch Pudding Alt: Diet Pudding	Chicken and Stuffing Casserole Country Mix Veggies Beet & Onion Salad Kiwi 9 Grain Bread Frosted Banana Cake Alt: Diet Jello	Stuffed Green Peppers Buttered Red Potatoes Buttered Corn Whole Wheat Roll Seasonal Fresh Fruit	Marinara Meatball Sub Parmesan Cheese Potatoes Italiano Winter Blend Vegetables Mixed Fruit Cup Oatmeal Raisin Cookie Alt: Diet Cookie	Lemon Rosemary Chicken Quarters Dilled Potato Salad Hot Calico Beans Buttermilk Biscuit Mandarin Oranges Chocolate Milk
13	14	15	16	17
Egg & Sausage Breakfast Bake with shredded cheese Breakfast Potatoes Ketchup Packet Orange Juice Mini Bagel with Cream Cheese Banana	Tex-Mex Chicken and Rice Bake Sour Cream Crinkle Cut Carrots Texas Caviar Seasonal Fresh Fruit Peanut Butter Cookie Alt: Diet Cookie	Creamy Tuscan Sausage and Pasta Sicilian Grande Veggies Mixed Greens Salad with French Dressing Garlic Breadstick Grapes	Roast Pork w/Thyme and Mushroom Gravy Garlic Mashed Potatoes Red Cabbage Peach Half 9 Grain Bread Boston Cream Pie Alt: Diet Pudding	Chicken Gyro Salad (Chicken, Romaine, Tomato, Red Onion, Tzatziki Sauce) Cauliflower Salad Fresh Cucumber Slices with Ranch Wheat Bread Blueberries
20	21	22	23	24
Oven Roasted Turkey Red Skinned Mashed Potatoes with gravy Peas & Carrots Multigrain Bread Fruit Compote	Supreme Pizza Casserole Sicilian Grande Veggies Romaine Lettuce Salad with Golden Italian Dressing Mini Breadstick Peaches	Loaded Baked Potato Soup BBQ Pulled Pork on a Wheat Bun Baby Carrot with Hummus Warm Apple Slices with Cinnamon	Million Dollar Chicken Casserole Seasoned Diced Red Potatoes Venetian Blend Veggies Seasonal Fresh Fruit Whole Wheat Bread Frosted Spice Cake Alt: Diet Jello	Porcupine Meatballs Cubed Sweet Potatoes Broccoli Salad Pear Half Whole Wheat Dinner Roll Chocolate Chip Cookie Alt: Diet Cookie
27	28	29	30	
Chili with beans & shredded cheese Sour cream Mixed Veggies Fresh Jicama with Ranch Cornbread Mandarin Oranges	Chicken Philly with onions, peppers and Provolone on a Bun Au Gratin Potatoes Seasoned Green Beans Seasonal Fresh Fruit Frosted Carrot Cake Alt: Diet Cookie	Beef Stew with Celery, Onion & Potatoes Seasoned Beets Pea & Cheese Salad Multigrain Bread Honeydew Melon Chocolate Milk	Egg Roll in a Bowl (with beef) Vegetable Fried Rice Sweet & Sour Sauce Cucumber Salad Crusty Roll Tropical Fruit Cup Fortune Cookie	

Senior Dining and Home Delivered Meals Menu MAY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				KENTUCKY DERBY Root Beer Glazed Ham Macaroni and Cheese Dilled Carrot Coins Spinach Salad with Berries & Raspberry Vinegrette Peach Crisp
4	5	6	7	8
Southwestern Chicken & Veggie Stew over Rice Green Beans Biscuit Tropical Fruit Cup Ice Cream Cup	Pub Burger on a Wheat Bun with Mushrooms & Swiss Ketchup/Mustard Buttery Dilled Red Potatoes 3-Bean Salad Fresh Pear Chocolate Milk	Turkey ala King over a Biscuit Pacific Blend Veggies Marinated Grape Tomatoes Mixed Fruit Cup Peanut Butter Cookie Alt: Diet Cookie	Lightly Breaded Cod Tartar Sauce Hot German Potato Salad Creamy Coleslaw Marble Rye Bread Pound Cake with Strawberries	Spaghetti with Italian Sausage & Marinara Italian Blend Vegetables Mixed Greens Salad with Balsamic Vinaigrette Mini Breadstick Cantaloupe

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 Apts 280 Birch Rock Way (262) 363-4458 OPEN: Mon-Thursday</p>	<p>MEMONONE 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 home-delivered meal inquiries, please call our main 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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Calcium and Vitamin D: Do I Need a Supplement?

Calcium is a mineral that is important for strong bones and a healthy body throughout our life. Our bodies need calcium to build and maintain strong bones. But calcium is not only important for bone health. It also helps the muscles, heart and nerves work as they should. As we enter our 50s, it's time to reassess our intake of calcium. That's because women lose about 3% of their bone mass each year during the menopause transition, as their estrogen levels decline. After this time, women's bone loss continues at about 1% a year. Starting at around age 50, men lose bone at a steady rate of 1% per year.

Unfortunately too many of us fall short of getting the amount of calcium we need every day and that can lead to bone loss, low bone density and even broken bones. How much calcium do we need? According to the *Bone Health & Osteoporosis Foundation*, that depends on your age and sex:

- Women age 51 & older – 1200 mg per day
- Men 70 & younger – 1,000 mg per day
- Men 71 & older – 1200 mg per day

Food is the best source of calcium. Dairy products like milk, yogurt and cheese are the dominant source of calcium in our diets. Other sources of calcium include leafy green veggies, like collard & turnip greens or kale. Other foods may be fortified with calcium. These include plant-based milks like almond, soy or oat, cereals or fruit juices.

Calcium Supplements- The amount of calcium you need from a supplement depends on how much you get from food. Try to get the daily amount recommended from food and only supplement as needed to achieve the recommended daily allowance. In general, you shouldn't take excess supplements that you don't need. When choosing a supplement, keep the following in mind:

- Choose supplements with proven reliability. Look for labels that state "purified" or have the USP (United States Pharmacopeia) symbol. The "USP Verified Mark" means that the USP has tested and found the calcium supplement to meet its standards for purity and quality.
- Read the product label carefully to determine the amount of **elemental calcium**, which is the actual amount of calcium in the supplement, as well as how many doses or pills you have to take.
- Calcium is absorbed best when taken in amounts of 500 – 600 mg or less. This is the case for both foods and supplements. Try to get your calcium-rich foods and/or supplements in small amounts throughout the day, preferably with a meal.
- Take (most) calcium supplements with food. Eating food produces stomach acid that helps your body absorb most calcium supplements. The one exception to the rule is calcium citrate, which can absorb well when taken with or without food.

To absorb calcium, your body also needs Vitamin D. Stay tuned - we will talk more about that next month!

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

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