

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

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Shepherd's Pie Seasoned Green Beans Beet & Onion Salad Wheat Dinner Roll Mandarin Orange	Mandatory Staff Training No Meals Served	Ring Bologna Broil (with potatoes, carrots & onion) Baked Beans Kiwi Rye Bread Butterscotch Pudding Alt: Diet Pudding	Chicken Stew with Veggies & Dumplings Rosemary Roasted Potatoes Cucumber Slices with Ranch Multigrain Bread Apple Crisp Alt: Applesauce	Butternut Squash Macaroni & Cheese Stewed Tomatoes Winter Blend Veggies Cranberry Compote Chocolate Milk
10		11	12	13
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 Glazed Carrots Broccoli Salad Assorted Dinner Rolls Fruited Pie	Loaded Baked Potato Soup BBQ Pulled Pork on a Whole Wheat Bun Baby Carrots with Hummus Chef's Choice Fruit Chocolate Milk	Chicken & Broccoli Alfredo Bake Mixed Veggies Mixed Greens Salad with tomato & cucumber Italian Dressing Italian Bread Mandarin Oranges	Pork Chop Suey with Veggies over Brown Rice Soy Sauce Sugar Snap Peas Chilled Pineapple Coconut Cake Alt: Diet Pudding
17	18	19	20	21
Polish Sausage on a Wheat Bun Ketchup/Mustard American Potato Salad Seasoned Green Beans Seasonal Fresh Fruit Peanut Butter Cookie Alt: Diet Cookie	Chicken and Stuffing Casserole Seasoned Spinach Cucumber & Tomato Salad Wheat Dinner Roll Banana	Native American Heritage Month Sweet & Savory Meatballs with wild rice Butternut Squash Mixed Greens Salad with Maple Mustard Vinaigrette Maple Baked Apples Fry Bread	BBQ Riblet Baked Potato with Sour Cream Pickled Beets Cornbread Muffin Seasonal Fresh Fruit	Hearty Sausage and Lentil Stew Buttered Red Potatoes Dilled Carrot Coins Citrus Fruit Cup Nine Grain Bread Butterscotch Pudding Alt: Diet Pudding
24	25	26	27	28
Oven Roasted Turkey w/gravy Herbed Stuffing Green Bean Casserole Cranberry Relish Assorted Dinner Rolls Pumpkin Pie with whipped topping	Stuffed Pepper Casserole Rosemary Roasted Potatoes Carrot Coins Multigrain Bread Pear Half Chocolate Milk	Roast Pork in gravy Mashed Potatoes Stewed Cabbage with Apples Mixed Fruit Cup Whole Wheat Bread Ice Cream Cup	Thanksgiving Holiday No Meals Served	Thanksgiving Holiday No Meals Served
				

Senior Dining and Home Delivered Meals Menu December 2025

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Navy Bean Soup Sloppy Joe on a Bun Sunshine Carrots Tropical Fruit Cup Chocolate Pudding Alt: Diet Pudding	Orange Ginger Chicken over Brown Rice Soy Sauce Sugar Snap Peas Cucumber Slices with Ranch Chilled Pineapple	Whole Grain Spaghetti with Meat Sauce Winter Blend Veggies Romaine Lettuce Salad with Italian Dressing Mixed Fruit Cup Mini Breadstick/butter Chef's Choice Cookie Alt: Diet Cookie	Chicken Breast in Wine Sauce with Mushrooms Baked Potato with Sour Cream Carrot Raisin Salad Multigrain Bread/butter Fruit Cocktail Chocolate Milk	Lightly Breaded Cod Tartar Sauce Hot German Potato Salad Creamy Coleslaw Marble Rye with butter Ice Cream Sundae Cup
8	9	10	11	12
Chicken Philly Sandwich with Swiss Cheese, Peppers & Onions Twice Baked Mashed Mixed Vegetables Fruit Compote	Swedish Meatballs over Noodles Dilled Carrot Coins Corn and Zucchini Salad Seasonal Fruit Rice Krispie Treat	BBQ Chicken Quarters Sweet Potatoes Three Bean Salad Whole Wheat Dinner Roll with butter Mandarin Oranges Chocolate Milk	Ground Beef with Broccoli over Brown Rice Soy Sauce Oriental Blend Veggies Chilled Pineapple Banana Muffin Alt: Peaches	Vegetable Barley Soup Hot Ham & Cheese on a Sesame Bun Au Gratin Potatoes Mixed Fruit Cup 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.				
Reservations for in person dining are required at least ONE BUSINESS DAY in advance. To make a 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 262-548-7826 Visit our website at: www.waukeshacounty.gov <u>BROOKFIELD</u> Brookfield Community Center 2000 North Calhoun Rd (262) 782-1636 OPEN: Mon - Friday <u>MEMONONE FALLS</u> Menomonee Falls Community Center W152 N8645 Margaret (262) 251-3406 OPEN: Mon - Friday <u>MUKWONAGO</u> Birch rock Senior Apts 280 Birch Rock Way (262) 363-4458 OPEN: Mon-Thursday				
OVER				

Vaccinations for Adults

Vaccines are especially important for older adults. As you get older, your immune system weakens, and it can be more difficult to fight off infections. You’re more likely to get diseases like the flu, pneumonia, and shingles — and to have complications that can lead to long-term illness, hospitalization, and even death. If you have an ongoing health condition — like diabetes or heart disease — getting vaccinated is especially important. Vaccines can protect you from serious diseases (and related complications) so you can stay healthy as you age.

Below are the CDC’s 2025 recommended immunizations for adults 60 years of age and older

Vaccine	Do you need it?
Influenza	Yes! You need a dose every fall (or winter) for your protection and for the protection of others around you.
Zoster (shingles)	Yes! If you are age 50 or older, you should get the 2-dose series of the Shingrix brand of shingles vaccine, even if you already were vaccinated with Zostavax.
Pneumonia / Pneumococcal	Yes! If you are age 65 or older, you need both pneumococcal vaccines. If you are younger than age 65 and have a certain high-risk condition (for example, asthma, heart, lung, or kidney disease, immunosuppression, or you lack a functioning spleen or are a smoker), you need 1 or both vaccines. Talk to your healthcare provider to find out when you need them.
Tetanus, diphtheria, whooping cough (pertussis) (Tdap, Td)	Yes! If you have not received a dose of Tdap during your lifetime, you need to get a Tdap shot now (the adult whooping cough vaccine). After that, you need a Td or Tdap booster dose every 10 years. Consult your healthcare provider if you haven’t had at least 3 tetanus and diphtheria toxoid-containing shots sometime in your life or if you have a deep or dirty wound.
Hepatitis A (Hep A)	Maybe. You need this vaccine if you have a specific risk factor for hepatitis A or simply want to be protected from this disease. The vaccine is usually given in 2 doses, 6–18 months apart.
Measles, mumps, rubella (MMR)	Maybe. You need at least 1 dose of MMR vaccine if you were born in 1957 or later. You may also need a second dose.
RSV	Recommended for those aged 75 years or older

*** Consult your healthcare provider to determine your level of risk for infection and your need for vaccination**

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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