


AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY  
SENIOR DINING AND MEALS ON WHEELS MENU AUGUST 2025

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Oven Baked Ham Mashed Sweet Potatoes Mixed Vegetables Marble Rye Bread/butter Watermelon
4	5	6	7	8
Spaghetti with Meat Sauce Parmesan Cheese Wax beans Mixed Greens Salad with Italian Dressing Mixed Fruit Cup Butterscotch Pudding Alt: Diet Pudding	Ground Beef with Broccoli over Brown Rice Soy Sauce Sugar Snap Pea Blend Veggies Seasonal Fresh Fruit Raspberry Sherbet Alt: Diet Jello	Honey Mustard Chicken Baked Potato with sour cream Carrot Raisin Salad Multigrain Bread/butter Honeydew Melon Chocolate Chip Cookie Alt: Diet Cookie	<b>WI State Fair</b> Cheeseburger on a Wheat Bun Ketchup/Mustard Baked Beans Buttered Corn Watermelon Cream Puff	Chicken Gyro Salad (Chicken, Romaine, Tomato, Red Onion, Tzatziki Sauce) Cauliflower Salad Fresh Cucumber Slices with Ranch Wheat Bread/butter Blueberries
11	12	13	14	15
Roast Turkey Mashed Potatoes with Gravy Green Beans Mandarin Oranges Chocolate Chip Muffin/butter	Swedish Meatballs over Noodles Steamed Broccoli Beet & Onion Salad Cantaloupe Chocolate Pudding Alt: Diet Pudding	BBQ Pulled Pork on a Wheat Bun Butternut Squash Mac and Cheese Three Bean Salad Watermelon Chocolate Milk	<b>Irish Fest</b> Corned Beef Buttered Red Potatoes Cabbage and Carrots Seasonal Fruit Marble Rye Bread with butter Oatmeal Raisin Cookie Alt: Diet Cookie	Lightly Breaded Cod with Tartar Sauce Diced Potatoes with Peppers & Onions Coleslaw Whole Wheat Bread w/butter Strawberry Applesauce
18	19	20	21	22
Pork Chop Suey over Brown Rice Soy Sauce Japanese Blend Veggies Baby Carrots with Ranch Chilled Pineapple Sherbet Alt: Diet Jello	Tuscan Chicken Pasta Seasoned Green Beans Romaine Lettuce Salad with Dressing Italian Breadstick/butter Red Grapes Chocolate Milk	Beef Stew with Celery, Onion & Potatoes Harvard Beets Pea & Cheese Salad Multigrain Bread/butte Honeydew Melon	<b>Brewers vs Cubs</b> Chicago Style Jumbo Hot Dog on Poppyseed Bun with Ketchup Mustard/Onion/Relish Potato Wedges Baked Beans Watermelon	<b>Mexican Fiesta</b> Chicken Fajitas with Onion and Peppers Sour Cream Mexican Rice Mexican Corn Salad Flour Tortilla Fruit Cocktail Snickerdoodle Cookie
25	26	27	28	29
Ham Macaroni Salad Tomato & Onion Salad Creamy Cucumber Salad Whole Wheat Bread with Butter Mandarin Oranges Ice Cream Cup	BBQ Riblet Cubed Sweet Potatoes Texas Caviar Whole Wheat Dinner Roll/butter Apple Pie Alt: Applesauce	Salisbury Steak with gravy Loaded Mashed Potatoes Gazpacho Salad 9-grain Bread/butter Seasonal Fresh Fruit Vanilla Pudding Alt: Diet Pudding	Lemon Rosemary Chicken on the Bone Herbed Stuffing Dilled Carrot Coins Broccoli Salad Fruit Compote Chocolate Milk	<b>Labor Day Cookout</b> Brat on a Bun with Sauerkraut Ketchup/Mustard American Potato Salad Buttered Sweet Corn Seasonal Fresh Fruit Peanut Butter Cookie Alt: Diet Cookie

SENIOR DINING AND MEALS ON WHEELS MENU SEPTEMBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<b>LABOR DAY</b>  <b>NO MEALS SERVED</b>	Chicken Zucchini Casserole Buttered Red Potatoes Green & Yellow Beans Whole Wheat Bread/butter Peach Half	<b>Brewers vs Phillies</b> Philly Cheesesteak on Bun with Swiss, Peppers & Onions Au Gratin Potatoes BBQ Bean Salad Chilled Peaches Ice Cream Cup	Glazed Ham Scalloped Potatoes Honey Glazed Carrots Chilled Pineapple Multigrain Bread/butter Butterscotch Brownie Alt: Sugar Free Yogurt	Chicken Caesar Salad Romaine with Parmesan Cheese, Croutons and Caesar Dressing Tomato & Cucumber Salad Whole Wheat Roll/butter Seasonal Fresh Fruit
8	9	10	11	12
Meatball Marinara Sandwich Potatoes Italiano Baby Carrots with Ranch Fruit Cocktail Oatmeal Raisin Cookie Alt: Diet Cookie	Turkey Tetrazzini Pacific Blend Veggies Spinach Salad with French Dressing Wheat Dinner Roll/butter Cantaloupe Chocolate Milk	Roast Pork Mashed Potatoes with Gravy Creamed Corn 7-Grain Bread/butter Angel Food Cake with Strawberries	Indian Butter Chicken Basmati Rice with Peas California Blend Veggies Chickpea Salad Watermelon Lemon Bar Alt: Diet Jello	Split Pea Soup Sloppy Joe on a Bun Cheesy Potatoes Watermelon Frosted Carrot 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.

<b>MUKWONAGO</b> Birch rock Senior Apts 280 Birch rock Way (262) 363-4458 OPEN: Mon-Thursday	<b>MENOMONEE FALLS</b> Menomonee Falls Community Center W152 N8645 Margaret (262) 251-3406 OPEN: Mon - Friday	<b>BROOKFIELD</b> Brookfield Community Center 2000 North Calhoun Rd (262) 782-1636 OPEN: Mon - Friday	Visit our website at: <a href="http://www.waukeshacounty.gov">www.waukeshacounty.gov</a>	For home-delivered meal inquiries, please call our main office at 262-548-7826	Fri. To reserve a seat, or to cancel a meal, please call your dining center no later than 11:00 am, Mon.-Fri.	Reservations for in person dining are required at least ONE BUSINESS DAY in advance.	<div>OVER</div>
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# Eating for a Healthy Brain

**Did you know:**

**The brain, comprising approximately 60% fat and demanding nearly 20% of the body's energy resources, requires a steady intake of essential nutrients to maintain peak performance**

Eating nutritious foods for your brain is more important now than ever! The brain is a very important organ. It's the control center of your body and allows you to move, think, feel, breathe and more. Because the brain has such a big job, it's imperative that we provide it with an abundance of fuel and nutrients to help it function properly and stay healthy.

Here are some brain healthy food to include in your diet:

- Berries-** blueberries, strawberries, raspberries blackberries! Berries are packed with antioxidants which protect our cells from damage and repair cell damage. Antioxidants help to keep our cells intact and healthy. A study done at Harvard's Brigham and Women's Hospital found that women who ate 2 or more servings of blueberries and strawberries each week delayed memory decline.
- Don't forget the nuts-** such as walnuts, almonds, pecans and pistachios. Nuts are excellent sources of protein and healthy fats, and one type of nut in particular might also improve memory. I love that the #1 brain nut is shaped like a little brain! Walnuts are rich in alpha-linolenic acid (ALA), an essential omega-3 fatty acid. They also provide a good dose of magnesium and selenium, which are antioxidants and anti-inflammatory. That's good for both the heart and the brain.
- Leafy Greens-** leafy green vegetables (such as kale, spinach, and broccoli) are linked to a slower rate of cognitive decline (losing the ability to think, learn, and remember) in older adults. These vegetables contain nutrients (lutein, beta-carotene, Vitamin K and Folate) that contribute to their brain-boosting benefits.
- Eggs-** Eggs are great sources of protein, vitamins and minerals. But they also have a superfood status you might not know about: they're a brain booster. A study published in the journal *Nutrients* found that people who ate eggs regularly had better cognitive (thinking and memory) performance than non-egg eaters. Similarly, a study in *The Journal of Nutrition* suggests older adults who ate eggs frequently were less likely to develop Alzheimer's disease. Eggs stand out further because they contain several brain-boosting nutrients, including: choline (a nutrient helps the body make acetylcholine, a brain chemical that's essential for learning and memory), lutein and zeaxanthin (these antioxidants help fight inflammation) and selenium (a mineral that helps with thinking and memory)

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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 **262-548-7826**

Visit our website at: [www.waukeshacounty.gov](http://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