

Aging and Disability Resource Center of Waukesha County

Senior Dining and Home Delivered Meals Menu August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Sloppy Joe on a Wheat Bun American Fried Potatoes with ketchup Baked Beans Peach Half Chocolate Chip Cookie Alt: Diet Cookie	Stuffed Pepper Casserole Sunshine Carrots Cucumber Slices with Ranch Whole Wheat Bread/butter Fruit Compote	Honey Mustard Chicken Buttered Red Potatoes Cauliflower Salad Multigrain Bread Honeydew Melon Chocolate Milk	WI State Fair Day BBQ Shredded Pork on a Bun Cubed Sweet Potatoes Buttered Corn Fresh Fruit Cream Puff	Carolina Salad with Chicken & Maple Mustard Vinaigrette Mediterranean Couscous Salad Wheat Dinner Roll Seasonal Fresh Fruit
10	11	12	13	14
Vietnamese Caramelized Pork over Brown Rice Soy Sauce Sugar Snap Peas Baby Carrots with Ranch Fruit Cocktail Chocolate Milk	Turkey Tetrazzini Seasoned Green Beans Cucumber, Tomato & Red Onion Salad Mixed Fruit Cup Whole Wheat Dinner Roll Vanilla Pudding Alt: Diet Pudding	Irish Fest Irish Stew with Potatoes and Root Veggies Corn O'Brien Pea & Cheese Salad Marble Rye Seasonal Fresh Fruit Frosted Brownie	BBQ Riblet Au Gratin Potatoes Garbanzo Bean Salad Buttermilk Biscuit Watermelon	Roast Turkey Honey Glazed Sweet Potatoes Spinach Salad with Ranch Dressing Seasonal Fresh Fruit Nine Grain Bread Oatmeal Raisin Cookie Alt: Diet Cookie
17	18	19	20	21
Cincinnati Chili over Spaghetti, Topped w/ Cheddar Cheese Sicilian Grande Veggies Corn and Edamame Salad Cherry Pie Alt: Fruit Cocktail	BBQ Chicken Quarters Dilled Potato Salad Peas & Pearl Onions Cornbread Mixed Berries	Homestyle Meatloaf Garlic Mashed Potatoes Harvard Beets Whole Wheat Bread Cantaloupe Chocolate Milk	Mexican Fiesta Beef Enchilada Casserole with Zucchini Sour Cream Mexican Rice Mexican Street Corn Fresh Jicama with Ranch Tropical Fruit Cup Snickerdoodle Cookie	Italian Sausage with Marinara and Peppers on a bun Seasoned Red Potatoes Romaine Lettuce Salad with Italian Dressing Seasonal Fresh Fruit
24	25	26	27	28
Million Dollar Chicken Casserole Seasoned Diced Red Potatoes Venetian Blend Veggies Seasonal Fresh Fruit Multigrain Bread Peanut Butter Cookie Alt: Diet Cokie	Beef Tips with Mushrooms and Onions Mashed Potatoes Country Mix Veggies Oat Bran Bread Fruit Compote Chocolate Milk	Vegetable Lasagna Italian Beans Mixed Greens Salad with Italian Dressing Mini Breadstick Nectarine	Curry Chicken Salad Fresh Corn Salad Baby carrots with garlic herb dip Sunshine Fruit Salad Mini Croissant Ice Cream Cup	St Louis Style Pork Loin Au Gratin Potatoes Three Bean Salad Watermelon Buttermilk Biscuit Dessert Bar Alt: Applesauce
31				
Brewers vs Cubs Chicago-Style Hot Dog on Poppyseed Bun with Mustard, Dill Pickle Spear, Onions (and ketchup) American Potato Salad Hot Calico Beans Mandarin Oranges Vanilla Pudding Alt: Diet Pudding				

Senior Dining and Home Delivered Meals Menu SEPTEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Chicken and Broccoli Casserole w/Cheese over Rice Glazed Carrots Pea & Cheese Salad Seasonal Fresh Fruit Chocolate Milk	Roast Pork w/Thyme and Mushroom Gravy Herbed Stuffing Harvard Beets Cucumber Slices with Ranch Apple Pie Alt: Applesauce	Porcupine Meatballs Cubed Sweet Potatoes Broccoli Salad Multigrain Bread Pear Half	Fiesta Chicken Salad Tomato and Cucumber Salad Frosted Grapes Whole Wheat Dinner Roll/butter Chocolate Chip Cookie Alt: Diet Cookie
7	8	9	10	11
Labor Day No Meals Served	Hamburger on a Bun Ketchup/Mustard Diced Potatoes with Peppers & Onions 5-way Mixed Veggies Mixed Berries Rice Krispie Treat Alt: Diet Pudding	BBQ Chicken Casserole (with corn & black beans) Buttered Red Potatoes Sunshine Carrots Nine Grain Bread Honeydew Melon	Korean Beef over Brown Rice Japanese Blend Veggies Thai Cucumber Salad Watermelon Coconut Cake Alt: Diet Jello	Breaded Pollock Tartar Sauce Hot German Potato Salad Red Cabbage Slaw Marble Rye Seasonal Fresh Fruit

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

BROOKFIELD
 Brookfield Community Center
 2000 North Calhoun Rd
 (262) 782-1636
 OPEN: Mon - Friday

MEMONONEE FALLS
 Menomonee Falls Community Center
 W152 N8645 Margaret
 (262) 251-3406
 OPEN: Mon - Friday

MUKWONAGO
 Birch rock Senior Apts
 280 Birch Rock Way
 (262) 363-4458
 OPEN: Mon-Thursday

Nutrition Facts Label: Nutrients

Nutrients are substances in your food that keep our bodies working well. As we age, our nutrient needs change. Eating too much or too little of certain nutrients can increase our risk of certain chronic diseases, like heart disease and high blood pressure.

Fats

The first number you will see is the total amount of fat per serving. This includes ALL fats that are in the product. The label will list saturated fat and trans fat below the total amount of fat. **Saturated Fat** is typically found in animal products and tropical oils. Saturated fat can raise cholesterol and increase our risk for heart disease. Our goal is to aim for foods low in saturated fat. The new Dietary Guidelines say our saturated fat intake should not exceed

10% of total daily calories. **Trans Fat** is one fat we want to avoid whenever possible. Helpful tip: If the food label says “0 g” of trans fat but you see a “partially hydrogenated oil” in the ingredient list, it means the food contains some trans fat, but less than 0.5g per serving. So, if you eat more than one serving, you could end up eating too much trans fat.

Cholesterol

Should you be watching this number closely? Might not be completely necessary if you are watching your saturated fat consumption. But if you do want to track your intake, it is recommended to stay below 300 milligrams (mg) on a 2,000 calorie diet.

Sodium

Our bodies need sodium to function every day. Problem is, most of eat too much. The recommended daily intake is below 2300 mg. People with certain health conditions may be directed by their doctor to stay lower than that.

Total Carbohydrate

This section includes all carbohydrates (natural/added/starch/sugar) and can be complicated, but

also very valuable! The carbohydrates we eat affect blood sugar levels so this is especially important for anyone with certain health condittions, like diabetes. Dietary fiber helps us with digestion, can promote weight loss and can help us feel full longer. Added sugars provide us with empty calories- calories that can lead to weight gain but provide us with zero nutrients. The new Dietary Guidelines encourage us to limit added sugar, stating one meal should contain no more than 10 grams of added sugar. Sugar sweetened beverages, candies, and processed caked and cookies are examples of foods with a lot of added sugar.

Next month we continue the process and focus on protein and other nutrients!



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For home-delivered meal inquiries, please call our main office at 262-548-7848

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