

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 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 Strawberry Applesauce Rice Krispie Treat Alt: Diet Pudding	BBQ Chicken Casserole (with corn & black beans) Buttered Red Potatoes Sour Cream 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 Hashbrown Casserole Red Cabbage Slaw Marble Rye Seasonal Fresh Fruit
14	15	16	17	18
Shredded Beef and Gravy over Mashed Potatoes Buttered Sweet Corn Mandarin Oranges Multigrain Bread Snickerdoodle Cookie Alt: Diet Cookie	Creamy Garlic and Herb Chicken Pasta Sunshine Carrots Spinach Salad with Vinaigrette Dressing Mini Breadstick Cherry Pie Alt: Pear Half	Salisbury Steak Baked Potato with sour cream Beet & Onion Salad Whole Wheat Bread Honeydew Melon	Turkey ala King over Brown Rice Brussel Sprouts Grape Tomatoes Mixed Fruit Cup Chocolate Milk	Supreme Pizza Casserole Parmesan Cheese Seasoned Green Beans Marinated Veggie Salad Cantaloupe Fruited Yogurt
21	22	23	24	25
Pork Chop Suey over Brown Rice Soy Sauce Mini Vegetable Egg Roll with Sweet & Sour Peas & Pearl Onions Chilled Pineapple Vanilla Pudding Alt: Diet Pudding	Lasagna Roll-Up with Meat Sauce Sicilian Grande Veggies Mixed Greens Salad with Italian Dressing Seasonal Fruit Mini Breadstick Ice Cream Cup	Brewers vs Phillies Chicken Philly with onions, peppers and Provolone on a Bun Rosemary Roasted Potatoes Sour Cream Tomato & Onion Salad Peaches Chocolate Milk	Packer Tailgate Polish Sausage on a Bun Ketchup/Mustard Dilled Potato Salad Baked Beans Watermelon Chocolate Chip Cookie Alt: Diet Cookie	Chicken Gyro Salad (Chicken, Romaine, Tomato, Red Onion, Tzatziki Sauce) Cauliflower Salad Baby Carrots with Ranch Wheat Roll Mixed Berries
28	29	30		
Chicken Zucchini Casserole Buttered Red Potatoes Sour Cream Caribbean Blend Veggies Multigrain Bread Peach Half	Swedish Meatballs over Noodles Seasoned Green Beans Greek Zucchini Salad Watermelon Apple Streusel Cake Alt: Applesauce	Stuffed Green Pepper Honey Glazed Carrot Coins Spring Corn Salad Wheat Dinner Roll Seasonal Fresh Fruit		

Senior Dining and Home Delivered Meals Menu OCTOBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Chili with beans Sour cream Mixed Veggies Creamy Cucumber Salad Cornbread Creamy Apples & Grapes	Turkey, Broccoli & Brown Rice Casserole Maui Vegetable Blend Romaine Lettuce Salad with French Dressing Mixed Fruit Cup Frosted Cake Alt: Diet Jello
5	6	7	8	9
Roast Pork in gravy Butternut Squash with Apples & Cranberries California Florentine Veggies Nine Grain Bread Fruit Cocktail	Chicken Stew with Veggies & Dumplings Green & Yellow Beans Red Pepper Strips with Ranch Tropical fruit Cup Cornbread Butterscotch Pudding Alt: Diet Pudding	Meatballs in Mushroom & Onion Gravy Yukon Mashed Potatoes Broccoli Salad Cantaloupe Dinner Roll Frosted Spice Cake	Italian Beef & Rice Casserole Prince Edward Blend Veggies Gazpacho Salad Seasonal Fresh Fruit Chocolate Milk	Loaded Baked Potato Soup BBQ Pork on a Whole Wheat Bun Creamy Coleslaw Mandarin Oranges Peanut Butter 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.				
OVER 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 MENOMONEE FALLS Menomonee Falls Community Center W152 N8645 Margaret (262) 251-3406 OPEN: Mon - Friday MUKWONAGO Birch rock Senior Aptes 280 Birch Rock Way (262) 363-4458 OPEN: Mon-Thursday				

Nutrition Facts Label: Nutrients

Below is a continuation of our label reading guidance from the past two months. Remember that 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.

Protein

Protein is a nutrient that plays an important role in our overall health. Protein is found in every single cell in our body. It supports good health, a good immune system, and muscle maintenance as we get older. Nearly half of all protein in our body is found in our muscles, and muscle mass decreases with age. Research is suggesting that as we age, our protein needs increase. Too little protein can cause malnutrition and muscle loss, which can lead to a decrease in independence and also increase our fall risk.

Too much protein on the other hand can cause dehydration and is not always recommended for those with kidney disease. Foods naturally high in protein are meats, eggs, lentils, greek yogurt and milk. Try to include a high protein food at every meal and even your snacks!

Vitamin D

Vitamin D helps our body absorb calcium and is important for bone health. It also plays a role in managing our blood pressure and immune function. Diets higher in Vitamin D can help reduce the risk of developing osteoporosis (weak and brittle bones). Current recommended intake for adults 50-70 years is 600 IU and 71+ is 800 IU. Good sources of Vitamin D include: salmon, herring, sardines, egg yolks, beef liver, fortified cereals, fortified milk and fortified yogurt. Unfortunately it isn't always easy to get enough Vitamin D from food alone. Talk to your doctor about whether or not you need a vitamin D supplement.

Calcium

Calcium is a mineral that is important for bone health. It also helps with muscle and nerve function and blood clotting. Diets higher in calcium can also reduce the risk of

developing osteoporosis. The recommended intake for adults: Men 51-70 years- 1,000 milligrams (mg) per day and women 51+ and men 71+ is 1,200 mg per day. Good sources of calcium include milk, yogurt, cheese, cottage cheese, calcium fortified orange juice and leafy greens like collard greens, spinach and kale.

Potassium

Potassium is a mineral that helps with fluid balance and heart and muscle function.

Making healthy food choices can help us feel our best and keep us active. Reading the food label to understand what is in the foods and beverages we are consuming is a great place to start!

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 262-548-7848

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