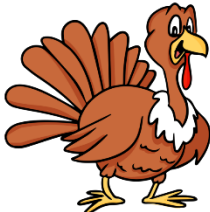


Aging and Disability Resource Center of Waukesha County
Senior Dining and Home Delivered Meals Menu November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Turkey Tetrazzini Seasoned Spinach Glazed Carrots Whole Wheat Bread Citrus Fruit Cup	Egg Roll in a Bowl with Beef Soy Sauce Veggie Fried Rice Sweet & Sour Sauce Tomato & Onion Salad Seasonal Fresh Fruit Zucchini Bread	White Chicken Chili with beans Southwest Corn Dilled Cucumber Salad Biscuit Peach Half Chocolate Milk	Smothered Pork Loin Buttered Baby Reds Stewed Cabbage with Apples Pear Half Light Rye Bread Frosted Brownie Alt: Plain Brownie	Fish Patty on a Wheat Bun w/tartar sauce & cheese Ranch Wedges/ketchup Pepper Strips with Ranch Pound Cake with Strawberries
9	10	11	12	13
Oven Baked Ham Mashed Sweet Potatoes Brussel Sprouts Pear Half Marble Rye Bread Butterscotch Pudding Alt: Diet Pudding	Crustless Chicken Pot Pie over a Biscuit Seasoned Green Beans Baby Carrots with Ranch Seasonal Fresh Fruit Chocolate Chip Cookie Alt: Diet Cookie	Veterans Day Beef Tips with Mushrooms & Onions Garlic Mashed Potatoes Buttered Corn Broccoli Salad Assorted Dinner Rolls Fruited Pie	Creamy Rigatoni with Italian Sausage Sunshine Carrots Mixed Greens with Kale, Cherry Tomato & Dressing Mini Breadstick Fresh Grapes	Seasoned Pepper Steak over Rice Pilaf Soy Sauce Japanese Blend Veggies Thai Cucumber Salad Whole Wheat Bread Peaches
16	17	18	19	20
Denver Omelet with Cheese Sauce Sausage Patty Breakfast Potatoes Banana Muffin Fresh Orange Fruited Yogurt Alt: Diet Cookie	Mushroom Swiss Burger on a Wheat Bun Ketchup/Mustard Seasoned Potato Wedges Hot Barbecued Bean Salad Seasonal Fresh Fruit	Thanksgiving Dinner Oven Roasted Turkey w/gravy Herbed Stuffing Green Bean Casserole Cranberry Relish Assorted Dinner Rolls Pumpkin Pie with whipped topping	Thai Shredded Pork over Brown Rice Soy Sauce Japanese Blend Veggies Asian Cucumber Salad Multigrain Bread Seasonal Fresh Fruit Chocolate Milk	Chicken & Mushroom Stroganoff over Noodles Peas & Carrots Romaine Lettuce Salad with French Dressing Pound Cake with Mixed Berries
23	24	25	26	27
BBQ Riblet Au Gratin Potatoes 5-way Blend Veggies Fruit Cocktail Whole Wheat Bread Ice Cream Cup	Native American Heritage Month Sweet & Savory Meatballs with wild rice Butternut Squash Mixed Greens Salad with Maple Mustard Vinaigrette Oat Wheat Bread Maple Baked Apples	Chicken, Broccoli & Cheese Casserole over Wild Rice Dilled Carrots Cucumber, Tomato & Red Onion Salad Mixed Fruit Cup	Thanksgiving Holiday No Meals Served	Thanksgiving Holiday No Meals Served
30				
Salisbury Steak in gravy Sour Cream & Chive Mashed Potatoes Harvard Beets Multigrain Bread Peach Half				

Senior Dining and Home Delivered Meals Menu DECEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Marry Me Chicken Pasta Honey Glazed Carrots Mixed Greens Salad with tomato & French Dressing Mini Breadstick Pears	Marinara Meatball Sub Parmesan Cheese Potatoes Italiano Two-tone Beans Mandarin Oranges Lemon Bar Alt: Diet Cookie	Ham & Bean Soup Crackers Butternut Squash Mac & Cheese Marinated Vegetable Salad Apple Cobbler	Oven Roasted Chicken on the bone Seasoned Red Potatoes Corn & Zucchini Salad Biscuit Fruit Compote
7	8	9	10	11
Smoked Kielbasa Hot German Potato Salad Sicilian Grande Blend Veggies Sourdough Bread Cinnamon Applesauce	Vegetable Barley Soup with Crackers Shredded BBQ Chicken on a Wheat Bun Creamy Coleslaw Chilled Apricots Chocolate Milk	Shepherd's Pie Seasoned Green Beans Beet & Onion Salad Wheat Dinner Roll Fruit Cocktail Chef's Choice Cookie Alt: Diet Cookie	St Lous Style Pork Loin Sweet Potatoes Chickpea Salad Whole Wheat Bread Chef's Choice Fruit	Ground Beef with Broccoli over Rice Oriental Blend Veggies Ramen Noodle Salad Seasonal Fresh Fruit Chocolate Pudding 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.				
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 <u>BROOKFIELD</u> Brookfield Community Center 2000 North Calhoun Rd (262) 782-1636 OPEN: Mon - Friday <u>MEMONONEE FALLS</u> Menomonee Falls Community Center W152 N8645 Margaret (262) 251-3406 OPEN: Mon - Friday <u>MUKWONAGO</u> Birch rock Senior Aptes 280 Birch Rock Way (262) 363-4458 OPEN: Mon-Thursday				

Vaccinations for Adults

Vaccines are especially important for older adults. As we age, our immune system weakens, and it can be more difficult to fight off infections. We are more likely to get diseases like the flu, pneumonia, and shingles — and are more likely 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 us from serious diseases (and related complications) so you can stay healthy as you age.

Below are the 2026 American Academy of Family Physician’s 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, which occurs 2-6 months apart.
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 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**

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