




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

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Sweet & Sour Chicken with pineapple, green peppers & onion over Brown Rice Soy Sauce Caribbean Blend Veggies Fruit Cocktail Blueberry Muffin	BBQ Riblet Au Gratin Potatoes Two-tone Beans Buttermilk Biscuit Ambrosia Fruit Salad	Salisbury Steak with Gravy Baked Potato with Sour Cream Spring Corn Salad Multigrain Bread Cantaloupe Slice Chocolate Milk	Creamy Mushroom & Beef Casserole Country Mix Vegetables Chickpea Salad Fruit Cup Whole Wheat Bread Frosted Brownie Alt: Diet Pudding	Berry Spring Salad with Chicken Tomato & Onion Salad Seasonal Fresh Fruit Crusty Roll Peanut Butter Cookie Alt: Diet Cookie
8	9	10	11	12
Tosa Greek Fest Greek Meatballs Greek Lemon Rice Dilled Carrots Greek Zucchini Salad Apple Cobbler Alt: Applesauce	Vegetable Lasagna Parmesan Cheese Italian Blend Veggies Mixed Greens Salad with Kale and Vinaigrette Dressing Mini Breadstick Pear Half	Roast Turkey in Gravy Herbed Stuffing Harvard Beets Pea & Cheese Salad Mandarin Oranges Wheat Roll Oatmeal Raisin Cookie Alt: Diet Cookie	Polish Fest Polish Bigos (meat/cabbage/veggies) Baked Potato with sour cream Creamy Cucumber Salad Mixed Berries Marble Rye Bread Alt: Diet Pudding	Brewers vs Phillies Chicken Philly Sandwich with provolone, peppers & onion Rosemary Roasted Potatoes Sicilian Grande Veggies Watermelon
15	16	17	18	19
Scalloped Potatoes with Diced Ham 5-way Blend Veggies Seasonal Fresh Fruit Multigrain Bread Donut Holes Alt: Diet Cookie	Marry Me Chicken Pasta Honey Glazed Carrots Romaine Lettuce Salad with French Dressing Dinner Roll Sunshine Fruit Salad Chocolate Milk	Shredded Beef in Gravy over Mashed Potatoes California Florentine Veggies Cantaloupe Slice Nine Grain Bread Chocolate Pudding Alt: Diet Pudding	Summerfest Begins BBQ Pulled Pork on a Whole Wheat Bun Mashed Sweet Potatoes Corn & Edamame Salad Creamy Grapes & Apples Ice Cream Sundae Cup	Garlic Pork Peanut Noodles Green Beans Cucumber & Tomato Salad Wheat Dinner Roll Seasonal Fresh Fruit
22	23	24	25	26
Happy Father's Day Maple & Brown Sugar Pork Tenderloin Cubed Sweet Potatoes Garlic Green Beans Seasonal Fresh Fruit Crusty Roll Cherry Pie Alt: Pears	BBQ Chicken Quarters Butternut Squash Mac & Cheese Broccoli Salad Buttermilk Biscuit Watermelon Brownie Alt: Diet Jello	Seasoned Pepper Steak over Rice Pilaf Japanese Blend Veggies Thai Cucumber Salad Seasonal Fresh Fruit Chocolate Milk	Lightly Breaded Haddock Tartar Sauce Hashbrown Casserole Creamy Coleslaw Marble Rye Bread Cantaloupe Slice	Strawberry Festival Hamburger on a Bun with Grilled Onions Ketchup/Mustard BBQ Bean Salad Sweet Corn Pound Cake with Strawberries
29	30			
Supreme Pizza Casserole Parmesan Cheese Mixed Vegetables Seasoned Spinach Mini Breadstick/butter Fruit Cocktail	Cranberry Meatballs Twice Baked Mashed Potatoes Sunshine Carrots Seasonal Fresh Fruit Whole Wheat Bread Frosted Cake Alt: Diet Cookie			

Senior Dining and Home Delivered Meals Menu JULY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Turkey ala King over Rice Maui Blend Veggies Cauliflower Salad Nine Grain Bread Waldorf salad	Happy 250th, America! Jumbo Hot Dog on Bun Ketchup/Mustard/Relish American Fried Potatoes Baked Beans Watermelon Slice Ice Cream Sandwich	July 4th Holiday No Meals Served
6	7	8	9	10
Smothered Meatballs Twice Baked Mashed Potatoes Peas & Carrots Whole Wheat Bread Strawberry Applesauce Chocolate Milk	Creamy Garlic and Herb Chicken Pasta Italian Blend Veggies Mixed Greens Salad with Kale/Raspberry Vinaigrette Italian Bread Fruit Compote	Denver Omelet with Cheese Sausage Patty Hash Brown Potatoes Ketchup Seasonal Fresh Fruit Blueberry Muffin	Bastille Days Beef Burgundy over Noodles French Cut Green Beans Broccoli & Cauliflower Salad Grapes Mini Croissant Chocolate Mousse	Chicken Salad with Grapes Parmesan Zucchini & Corn Salad Baby Carrots with Ranch Dinner Roll Honeydew Melon

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.

<p>MUKKONAGO Birch rock Senior Apts 280 Birch Rock Way (262) 363-4458 OPEN: Mon-Thursday</p>	<p>MENOMONEE FALLS Menomonee Falls Community Center W/152 N8645 Margaret (262) 251-3406 OPEN: Mon - Friday</p>	<p>BROOKFIELD Brookfield Community Center 2000 North Calhoun Rd (262) 782-1636 OPEN: Mon - Friday</p>	<p>Visit our website at: www.waukeshacounty.gov</p>	<p>For home-delivered meal inquiries, please call our main office at 262-548-7826</p>	<p>To make a reservation, or to cancel a meal, please call your dining center no later than 11:00 am, Mon.-Fri.</p>	<p>Reservations for in-person dining are required at least ONE BUSINESS DAY in advance.</p>	<p>OVER</p>
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Simple Tips for Eating Well

There are few things in life as comforting and nourishing as food, but healthy eating, or eating well, can sometimes be confusing. Often times “eating for health” provides us with many different eating patterns. We are told to “eat this for heart health” or “eat this to for strong bones”. All of this information, along with trying to fit in our personal favorites and food cultures, can make things a bit overwhelming.

Here are some tips to help simplify eating well:

1. **Balance food group choices throughout the day.** That’s right—choose real food from good old food groups. Fruits, vegetables, whole grains, dairy, and protein. Eat fruits and vegetables throughout the day, focusing on whole forms. Focus on whole grains and limiting highly processed snack foods. Include protein at every meal. Grab a glass of milk or some low-fat yogurt. Think about balancing throughout the day, but don’t get too technical.
2. **Make variety the spice of your life and each food group.** Try a new herb in cooking, reach for a rainbow of produce, add barley or quinoa to the whole wheat bread and oatmeal rotation, and alternate beans, fish, lean meats, and lentils as protein choices.
3. **Stay hydrated.** Drinking enough water throughout the day is one of the simplest ways to support healthy aging. Water helps our bodies digest food, absorb key nutrients effectively, regulate its temperature, and keep our joints and muscles working smoothly. Many of us don't feel as thirsty as we used to, so sipping water proactively can make a big difference in our health and how we feel. If plain water isn't your thing, try herbal tea, flavored water (unsweetened, with a splash of citrus), or foods with high water content (e.g., cucumbers, watermelon, or soups).
4. **Pay attention to portions.** Portion sizes can easily creep up over time, and eating more than we need may leave us feeling sluggish or lead to obesity. Our goal should be to get the right balance of nutrients without overeating. Try using smaller plates, putting down your fork between bites, and checking in with your hunger and fullness cues as you go. You can still enjoy your favorite foods—but moderation is key.
5. **Enjoy eating. Share a meal with a friend or family.** Seek out foods that you really like that are also good for you. And savor each bite! Eating with others provides companionship, conversation, and laughter, but did you know it can improve our eating habits, too? Sharing meals encourages us to eat slower, and often exposes us to healthier options. Eating with others can also help us eat at a more relaxed pace, can result in chewing more thoroughly, and often results in drinking more water -all of which aid digestion.

In addition to eating well, keep exercising. If you don’t exercise already, talk to your doctor about getting started. Doing both is good for your health... and it simply feels good to be good to you.

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 262-548-7828

Visit our website at: www.waukeshacounty.gov

NEW BERLIN
Our Lords Methodist
5000 Sunny Slope Rd
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SUSSEX
Sussex Civic Center
N64 W23760 Main St
(262) 246-6747
OPEN: Mon - Friday