

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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Smothered Pork Loin Sweet Potatoes Maui Vegetable Blend 9-Grain Bread Citrus Fruit Cup Chocolate Milk	Barbecue Meatballs American Potatoes Ketchup packet Three Bean Salad Fruit Cocktail Cornbread Vanilla Pudding Alt: Diet Pudding	Chicken Fajita Pasta Carrot Coins Jicama with Ranch Dressing Tropical Fruit Cup Butterscotch Brownie Alt: Diet Jello	Ham and Bean Soup Macaroni & Cheese Stewed Tomatoes Peach Half Dinner Roll Banana Pudding Alt: Diet Pudding	Creamy Turkey & Rice Casserole Buttered Corn Mixed Greens Salad with Kale & Peppercorn dressing Mandarin Oranges Strawberry Ice Cream
9	10	11	12	13
Pub Burger with Mushrooms & Provolone on a Bun Ketchup/Mustard Seasoned Wedges Buttered Corn Apple Pie Alt: Mixed Fruit	Pork Chow Mein over Brown Rice Soy Sauce Japanese Blend Veggies Pineapple Tidbits Blueberry Muffin Chocolate Milk	Italian Sausage with Marinara, Onions & Peppers on a Bun Au Gratin Potatoes Italian Blend Veggies Peach Half	Roast Turkey Mashed Potatoes with gravy Red Cabbage Green Grapes Multigrain Bread Peanut Butter Cookie Alt: Diet Cookie	Cheese Filled Lasagna Roll-up with Marinara Italian Blend Veggies Mixed Greens salad with Kale & Italian dressing packet Italian Breadstick Fruit Compote
16	17	18	19	20
Sliced Pork with Cranberry Glaze Cubed Sweet Potatoes Sicilian Grande Vegetables Pear Half 9-grain Bread Chocolate Pudding Alt: Diet Pudding	St Patrick's Day Half Corned Beef Sandwich with Swiss, Sauerkraut & Thousand Island on Marble Rye Buttered Red Potatoes Sour Cream Crinkle Cut Carrots Green Apple Shamrock Cookie	Swedish Meatballs over Noodles Seasoned Green Beans Cucumber, Tomato & Red Onion Salad Whole Wheat Dinner Roll Mixed Fruit Cup Chocolate Milk	White Chicken Chili with beans Southwest Corn Broccoli Salad Fresh Strawberries Cornbread/butter Ice Cream Cup	Lightly Battered Pollock Tartar Sauce Hot German Potato Salad Creamy Coleslaw Rye Bread/butter Seasonal Fresh Fruit
23	24	25	26	27
Spaghetti with Meat Sauce Green Beans Mixed Greens Salad with Ranch Peaches Italian Bread Ice Cream Cup	Shredded Turkey and Gravy over Mashed Potatoes Sunshine Carrots Whole Wheat Dinner Roll Seasonal Fresh Fruit Chocolate Milk	Seasoned Pepper Steak over Rice Pilaf Buttered Parsley Potatoes 5-way Mixed Veggies Sourdough Bread Cherry Crisp	Brewers Opening Day! Jumbo Hot Dog on a Bun Ketchup/Mustard American Fried Potatoes Baked Beans Mandarin Oranges Chocolate Chip Cookie Alt: Diet Cookie	Butternut Squash Mac & Cheese California Florentine Veggies Kitchen's Choice Fruit Zucchini Bread
30	31			
Vegetable Barley Soup Crackers Hot Ham and Cheese on a Sesame Bun Au gratin Potatoes Fruit Cocktail	Salisbury Steak in gravy Baked Potato with sour cream Corn & Edamame Salad Multigrain Bread Chilled Apricots Chocolate Milk			

Senior Dining and Home Delivered Meals Menu April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Chicken & Mushroom Stroganoff over Noodles Steamed Spinach Carrot Sticks with Ranch Warm Cinnamon Apple Slices	BBQ Riblet Baked Sweet Potato Two-tone Beans Seasonal Fresh Fruit Whole Wheat Bread Frosted Brownie Alt: Diet Cookie	Vegetable Lasagna Italian Blend Veggies Romaine Lettuce Salad with Italian Dressing Peach Half Strawberry Ice Cream Cup
6	7	8	9	10
Glazed Ham Diced Butternut Squash with Cranberries Green Bean Almondine Tropical Fruit Cup Whole Wheat Bread Butterscotch Pudding Alt: Diet Pudding	Chicken and Stuffing Casserole Country Mix Veggies Beet & Onion Salad Kiwi 9 Grain Bread Oatmeal Raisin Cookie Alt: Diet Cookie	Stuffed Green Pepper Casserole Carrot Coins Fresh Cucumbers with ranch Whole Wheat Roll Seasonal Fresh Fruit	Marinara Meatball Sub Parmesan Cheese Potatoes Italiano Caribbean Blend Vegetables Chocolate Milk	Lemon Rosemary Chicken Quarters Dilled Potato Salad Hot Calico Beans Buttermilk Biscuit Mandarin Oranges

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.

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

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

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

Visit our website at:
www.waukeshacounty.gov

For home-delivered
meal inquiries, please
call our main office at
262-548-7826

To make a
reservation, 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.

OVER

Am I Getting Enough Protein?

Americans are living longer, and enjoying energetic and active lifestyles well into their 80s and 90s. Study after study confirm eating well and being active can make a dramatic difference in the quality of life for older adults. With nutrient-rich foods and activities with friends, you can feel an immediate difference in your energy levels and enjoyment of life. As we age, we need fewer **total** calories, but higher amounts of certain nutrients, especially calcium and vitamin D. Basically, we need to focus on quality, not quantity. Most of us already know we should eat more fruits and vegetables. And maybe you've cut back on your favorite sugary treats. But there's another nutrient that deserves your attention, one that often gets overlooked: protein.

People of all ages need protein for strong, healthy bodies. We all want to stay strong and mobile for as long as possible. Protein helps slow the gradual muscle loss that happens with age. Without enough protein, your muscles weaken, making it a struggle to do things you may take for granted now-like climbing stairs or carrying groceries in from the car. Eating a protein-rich diet and staying active (like walking and resistance exercises) can help you maintain your independence and even lower your risk of falls. It is recommended that men and women participate in muscle strengthening activities that work the major muscle groups at least two times each week.

How much protein do I need?

Protein needs differ with age and other factors. According to the National Resource Center on Nutrition and Aging: People age 65 and older should aim for about 1 to 1.2 g/kg/day. If you are recovering from surgery or lead an active lifestyle, you may need even more protein every day. * If you have kidney disease or another health condition that affects how your body processes protein, talk to your doctor before making any major changes to your diet.

What is the easiest way to get protein?

- Eat your protein first: Whether it's eggs, lean meat, poultry, fish, or beans, prioritize the protein on your plate. Protein helps you feel satisfied and can also prevent blood sugar spikes after a meal.
- Make Greek yogurt your friend: Richer in texture and higher in protein than traditional yogurt, Greek yogurt has been found to reduce hunger and contribute to a feeling of being full. Aim for 3 servings of milk and yogurt each day.
- Snack smart: Keep string cheese, edamame, roasted chickpeas, or cottage cheese on hand for between-meal hunger
- Try plant-based sources: Beans, lentils, edamame, nuts and quinoa all offer high-quality protein and are generally budget-friendly. Just one 2.45 oz. serving of white beans is packed with nearly 25 grams of protein!
- It's not just about how much protein you eat, but also when you eat it. Your body can only use so much at once, so spreading your protein consumption evenly across meals helps you use it more effectively than eating most of it at dinner.

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
(414) 529-8320

SUSSEX

Sussex Civic Center
N64 W23760 Main St
(262) 246-6747
OPEN: Mon - Friday