


AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY
SENIOR DINING AND MEALS ON WHEELS MENU SEPTEMBER 2025

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 1 | 2 | 3 | 4 | 5 |
| LABOR DAY NO MEALS SERVED | Chicken Zucchini Casserole Buttered Red Potatoes Green & Yellow Beans Whole Wheat Bread Peach Half | Chili with Beans Sour Cream 5-Way Mixed Veggies Chilled Peaches Cornbread Muffin Ice Cream Cup | Glazed Ham Scalloped Potatoes Honey Glazed Carrots Chilled Pineapple Multigrain Bread Butterscotch Brownie Alt: Sugar Free Jello | Chicken Caesar Salad Romaine with Parmesan Cheese, Croutons and Caesar Dressing Tomato & Cucumber Salad Whole Wheat Roll Seasonal Fresh Fruit |
| 8 | 9 | 10 | 11 | 12 |
| Meatball Marinara Sandwich Parmesan Cheese Potatoes Italiano Baby Carrots with Ranch Mixed Fruit Oatmeal Raisin Cookie Alt: Diet Cookie | Turkey Tetrazzini Pacific Blend Veggies Spinach Salad with French Dressing Wheat Dinner Roll Cantaloupe Chocolate Milk | Roast Pork Mashed Potatoes with Gravy Creamed Corn 7-Grain Bread Angel Food Cake with Strawberries | Packer Tailgate Polish Sausage on a Bun Ketchup/Mustard American Potato Salad Ancho BBQ Pinto Beans Mandarin Oranges Ice Cream Cup | Ground Chicken Stir Fry over Brown Rice Soy Sauce Oriental Blend Veggies Carrot Raisin Salad Chilled Pineapple |
| 15 | 16 | 17 | 18 | 19 |
| Mushroom Swiss Burger on a Bun Ketchup/Mustard Ranch Potato Wedges Calico Beans Fruit Cocktail Strawberry Ice Cream | BBQ Chicken Quarters Butternut Squash Greek Zucchini Salad Watermelon Wheat Dinner Roll Peanut Butter Cookie Alt: Diet Cookie | Vegetable Lasagna Sunshine Carrots Mixed Greens and Kale Salad with Ranch dressing Peach Half Chocolate Milk | Fish Sandwich on Sesame bun Tartar Sauce Hot German Potato Salad Creamy Coleslaw Mandarin Oranges | Split Pea Soup Sloppy Joe on a Wheat Bun Sun Chips Honeydew Melon Frosted Carrot Cake Alt: Diet Pudding |
| 22 | 23 | 24 | 25 | 26 |
| Indian Butter Chicken Basmati Rice with Peas California Blend Veggies Chickpea Salad Watermelon Lemon Bar Alt: Diet Jello | Denver Omelet with Cheese Sauce Sausage Patty Breakfast Potatoes Zucchini Bread Fresh Orange Fruited Yogurt Alt: Diet Cookie | Chicken Cordon Bleu Casserole Buttered Red Potatoes Green Beans Cantaloupe Whole Wheat Bread Butterscotch Pudding Alt: Diet Pudding | Beef Tips with Mushrooms & Onions Mashed Potatoes Buttered Beets Dinner Roll Fruit Compote Chocolate Milk | Brewers vs Reds Cincinnati Chili over Spaghetti (topped with cheddar cheese) Sour Cream 5-way Mixed Veggies Mixed Greens Salad with Italian Dressing Grapes Oatmeal Raisin Cookie Alt: Diet Cookie |
| 29 | 30 | | | |
| Taco Stuffed Pepper Casserole Green & Yellow Beans Texas Caviar Tropical Fruit Cup Vanilla Pudding Alt: Diet Pudding | Diced Ham with Au Gratin Potatoes Brussel Sprouts Tomato & Onion Salad Nine Grain Bread Cherry Pie Alt: Diet Jello |  |  | |

SENIOR DINING AND MEALS ON WHEELS MENU OCTOBER 2025

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | 1 | 2 | 3 |
| |  | National Pumpkin Spice Day Roast Turkey with gravy Herbed Stuffing Maple Glazed Carrots Broccoli Salad Applesauce Pumpkin Cake | Pork Cutlet in light Gravy Mashed Red Potatoes Steamed Spinach Multigrain Bread/butter Pears Chocolate Milk | Chicken & Mushroom Stroganoff over Noodles Peas & Carrots Fresh Cucumber Slices with Ranch Pound Cake with Mixed Berries |
| 6 | 7 | 8 | 9 | 10 |
| Honey Sesame Chicken over Brown Rice Japanese Blend Veggies Fresh Pepper Strips with Ranch Hawaiian Dinner Roll Chilled Pineapple | St. Louis Style BBQ Pork Seasoned Diced Red Potatoes Creamed Corn Whole Wheat Bread Apple | Porcupine Meatballs Baked Sweet Potato Italian Beans Multigrain Bread Seasonal Fresh Fruit Chocolate Milk | Turkey, Broccoli & Brown Rice Casserole Dilled Carrot Coins Romaine Lettuce Salad with French Dressing Mixed Fruit Cup Frosted Cake Alt: Diet Jello | Tuna Salad with onion & Celery Mini Croissant Creamy Cucumber Salad Corn & Edamame Salad Fruit Cocktail Chefs Choice 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.

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| MUKWONAGO Birch rock Senior Apis 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 reserve a seat, 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 |
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September is Malnutrition/Undernutrition Awareness Month

Source: Greater Wisconsin Agency on Aging

We kick off the month with **Malnutrition Awareness Week** (Sept. 8–12). Malnutrition, also known as undernutrition, occurs when the body does not receive the proper balance of calories & nutrients to maintain health. **It can affect anyone, and it is not easy to identify.** You can be underweight, overweight, or a normal weight and still be undernourished. It is not a normal part of aging and can be prevented or reversed.

Why it matters

If left untreated, it **can lead to serious consequences** such as: Higher Risk of Falls & Broken Bones, Higher Stress Levels, Longer & More Frequent Hospital stays, Less Independence, Higher Risk of Infections, Higher Death rates. If you have dementia &/or a chronic condition you may be at higher risk.

Signs & Symptoms: Sudden unexpected weight loss, loss of appetite, muscle weakness, frequent nausea, vomiting, and diarrhea, slow-healing wounds, feeling tired or fatigued, swelling in your ankles, legs, or belly, and getting sick often. If you have any of these, please talk with your healthcare provider about screening and interventions.

If you have a poor appetite, try eating more smaller high protein/high calorie meals/snacks throughout the day.

Understand the Root Cause(s) that can contribute to poor appetite. I.e. stress/anxiety, medication side effect, etc.

Include Protein at every meal/snack. Greek yogurt, tuna, nuts & seeds, cottage cheese, eggs, meat, milk, beans, etc.

High Protein/High Calorie Recipe Enriched Instant Pudding

- 1 box instant pudding mix
- 12-ounce can evaporated milk
- ½ cup whole milk
- Optional: Frozen whipped topping and chocolate syrup

Wash the lid on the can of milk. Pour the canned and whole milk into a large bowl or blender container. Slowly pour the instant pudding mix into the milk and mix or blend until smooth. Pour into 4 dishes. Refrigerate and serve cold. For additional calories, top with frozen whipped topping and drizzle with chocolate syrup

Did you know? September 22 is National Centenarians Day. In Wisconsin we have ~1400 people over the age of 100!

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| reservations for in person dining are required at least ONE BUSINESS DAY in advance. | To reserve a seat, 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 | NEW BERLIN Our Lords Methodist 5000 Sunny Slope Rd (414) 529-8320 | OCONOMOWOC Oconomowoc Community Center 220 W. Wisconsin Ave (262) 567-5177 OPEN: Mon - Friday | SUSSEX Sussex Civic Center N64 W23760 Main St (262) 246-6747 OPEN: Mon - Friday | WAUKESHA LA CASA VILLAGE 1431 Big Bend Rd (262) 547-8282 OPEN: Mon - Friday |
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