




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

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Pork Cutlet in light gravy Wild Rice and Quinoa Blend Harvard Beets Broccoli Salad Multigrain Bread/butter Honeydew Melon	Chicken Noodle Casserole Steamed Spinach Creamy Dill Cucumber Salad Mandarin Oranges Danish Alt: Applesauce	Brat on a Bun with Sauerkraut Ketchup/Mustard American Fried Potatoes Carrot sticks with Hummus Watermelon Ice Cream Cup	<div>July 4th Holiday</div> <div>No Meals Served</div>
7	8	9	10	11
Mexican Tater Tot Casserole Green Beans Tropical Fruit Salad Multigrain Bread/butter Coconut Cake Alt: Diet Cookie	Shredded Turkey and Gravy over Mashed Potatoes Honey Glazed Carrots Mixed Greens Salad with French Dressing Buttermilk Biscuit/butter Chocolate Pudding Alt: Diet Pudding	Smothered Meatballs Sour Cream & Chive Mashed Potatoes Prince William Blend Veggies Multigrain Bread/butter Chef's Choice Fruit	Chicken Salad with Grapes Parmesan Zucchini & Corn Salad Cucumber Slices with Ranch Dinner Roll/butter Cantaloupe	Sloppy Joe on a Wheat Bun Hashbrown Casserole Hot Calico Beans Blueberries Ice Cream Cup
14	15	16	17	18
Chicken Chow Mein over Brown Rice Soy Sauce Key West Blend Veggies Fresh Red Peppers with Ranch Waldorf Salad	Italian Meatloaf Patty Buttered Red Potatoes Sunshine Carrots Seasonal Fresh Fruit Whole Wheat Bread/butter Brownie Alt: Diet Jello	Turkey ala King over a Biscuit California Florentine Blend Veggies Pea & Cheese Salad Peach Half Snickerdoodle Cookie Alt: Diet Cookie	<div>Bastille Days</div> Beef Burgundy over Noodles French Cut Green Beans Romaine Lettuce Salad with French Dressing Grapes Chocolate Milk	BBQ Riblet Au Gratin Potatoes Garbanzo Bean Salad Nine Grain Bread/butter Watermelon
21	22	23	24	25
Salisbury Steak in gravy Mashed Potatoes Brussel Sprouts Mandarin Oranges Multigrain Bread/butter Ice Cream Cup	Bacon Cheeseburger Casserole Creamed Corn Sliced Tomato Salad Whole Wheat Bread/butter Seasonal Fresh Fruit	BBQ Chicken Quarters Cubed Sweet Potatoes Baked Beans Oat Bran Bread/butter Honeydew Melon	<div>German Fest</div> Roast Pork in Thyme Gravy Spaetzle with gravy Sweet & Sour Cabbage Creamy Cucumber Salad Applesauce German Chocolate Cake	<div>Christmas in July</div> Roast Turkey in gravy Herbed Stuffing Dilled Carrot Coins Broccoli Salad Whole Wheat Dinner Roll/butter Cherry Pie Alt: Canned Cherries
28	29	30	31	
Cranberry Meatballs Au Gratin Potatoes Creamed Spinach 7-Grain Bread w/ butter Mandarin Oranges Chocolate Milk	Garlic Chicken Double Baked Potato Casserole Country Mix Veggies Multigrain Bread/butter Pound Cake with Strawberries	Italian Sausage with Peppers, Onion & Marinara on a Bun Marinated Veggie Pasta Salad Green Beans Fruit Cocktail Banana Pudding Alt: Pears	Seafood Pasta Salad Tomato & Cucumber Salad Baby Carrots with Ranch Seasonal Fresh Fruit Bran Muffin/butter	

SENIOR DINING AND MEALS ON WHEELS MENU AUGUST 2025

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Oven Baked Ham Mashed Sweet Potatoes Mixed Vegetables Marble Rye Bread/butter Watermelon
4	5	6	7	8
Spaghetti with Meat Sauce Wax beans Mixed Greens Salad with Italian Dressing Mixed Fruit Cup Butterscotch Pudding Alt: Diet Pudding	Ground Beef with Broccoli over Brown Rice Sugar Snap Pea Blend Veggies Seasonal Fresh Fruit Raspberry Sherbet Alt: Sugar Free Yogurt	Chicken Breast in Mushroom Cream Sauce with Tomatoes Baked Potato with sour cream Carrot Raisin Salad Multigrain Bread/butter Honeydew Melon	<div>WI State Fair</div> Cheeseburger on a Wheat Bun Ketchup/Mustard/Relish Baked Beans Buttered Corn Watermelon Cream Puff Alt: Diet Vanilla Pudding	Chicken Gyro Salad (Chicken, Romaine, Tomato, Red Onion, Tzatziki Sauce) Cauliflower Salad Fresh Cucumber Slices with Ranch Wheat Roll/butter Blueberries

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.

<div>MUKWONAGO</div> Birch rock Senior Apts 280 Birch rock Way (262) 363-4458 OPEN: Mon-Thursday	<div>MENOMONEE FALLS</div> Menomonee Falls Community Center W152 N8645 Margaret (262) 251-3406 OPEN: Mon - Friday	<div>BROOKFIELD</div> Brookfield Community Center 2000 North Calhoun Rd (262) 782-1636 OPEN: Mon - Friday	<div>Visit our website at:</div> www.waukeshacounty.gov	<div>For home-delivered meal inquiries, please call our main office at 262-548-7826</div>	<div>To reserve a seat, or to cancel a meal, please call your dining center no later than 11:00 am, Mon.-Fri.</div>	<div>Reservations for in person dining are required at least ONE BUSINESS DAY in advance.</div> <div>OVER</div>
---	--	--	---	---	---	---

Staying Hydrated

Source: National Council on Aging

Water isn't just a refreshing thirst-quencher...it is essential to almost all bodily functions, from lubricating our joints to pumping blood to our heart. Staying hydrated is a key part of maintaining good health. As we get older, it's even more important to stay hydrated. Dehydration is a potentially serious condition that can occur when you don't consume enough fluids for your body's needs. Older Adults are more vulnerable to dehydration. Our appetite and thirst tend to diminish with age. This means that even when your body is craving fluids, you might not be aware of it. Older adults are also more likely to take medications that increase dehydration risk.

Early dehydration symptoms include: Dark-colored urine, urinating less frequently, Fatigue or feeling weak, Irritability, Dizziness, Headaches, Muscle cramps in arms or legs, Dry mouth, and/or Confusion and decreased cognitive function. The tiredness and lack of coordination that may result from dehydration can also lead to falls and injury. The best way to prevent dehydration is the simplest: drink more water throughout the day. It's best to talk to your doctor to determine how much water you should be drinking daily. They can review your medical history with you as well as any over the counter or prescription medications you're currently taking.

Here are some simple steps you can take to get the water your body craves:

- Choose foods with high water content.** If you have trouble drinking fluids, try including water-rich foods with every meal. These include cucumbers, watermelon, lettuce, strawberries, tomatoes and celery.
- Keep water with you, always.** Having hydration at your fingertips can make it easier to get the right number of fluids. Carry a refillable water bottle with you or keep a lightweight water pitcher and cup near your favorite chair at home.
- Avoid or reduce your alcohol intake.** Alcohol is a diuretic, which means it prompts your body to remove fluids from your bloodstream.
- Change it up.** Pure, clean water is the best way to stay hydrated. But let's face it—drinking plain water all day can get boring! Try jazzing up your H2O by adding slices of fresh lemon, apple, cucumber or berries. Coffee and tea can have a slight dehydrating effect, so they should not be counted toward your daily fluid intake.
- Build hydration into your routine.** Making it a point to drink water at certain times each day can help transform it into a healthy habit. For example, consume a glass of water when you wake up in the morning, after every meal and before activity.

Just remember that getting enough water each day is a vitally important way to stay healthy!

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