




AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND MEALS ON WHEELS MENU April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Butternut Squash Soup BBQ Pulled Pork on a Wheat Bun Creamy Coleslaw Seasonal Fresh Fruit	BLT Chicken Pasta Salad Mixed Greens with Grape Tomatoes and French dressing Mixed Veggie Salad Roll with butter Ambrosia Salad	Salisbury Steak with Gravy Garlic Mashed Potatoes Maple Glazed Carrots Pear Half Multigrain Bread/butter Frosted Brownie Alt: Diet Jello	Chicken Noodle Casserole California Blend Florentine Dilled Cucumber Salad Chilled Pears Snickerdoodle Cookie Alt: Diet Cookie
7	8	9	10	11
Chicken & Brown Rice Au gratin Casserole Caribbean Blend Veggies Grape Tomatoes Biscuit/butter Mandarin Oranges Brownie Alt: Diet Cookie	Marinara Meatball Sub Green & Yellow Beans Couscous Salad Fruit Cocktail Danish Alt: Diet Pudding	Ground Beef Stroganoff over Noodles Buttered Corn Fresh Carrots with Ranch Seasonal Fresh Fruit Chocolate Milk	Hearty Sausage and Lentil Stew Buttered Red Potatoes Country Mix Veggies Whole Wheat Roll/butter Pears	Breaded Pollock Tartar Sauce Hot German Potato Salad Broccoli Salad Marble Rye/butter Applesauce
14	15	16	17	18
Roast Pork Twice Baked Mashed Potatoes Stewed Tomatoes Multigrain Bread/butter Seasonal Fresh Fruit Butterscotch Pudding Alt: Diet Pudding	Southwestern Chicken & Veggie Stew over Rice Green Beans Biscuit/butter Tropical Fruit Cup Ice Cream Cup	Ham Macaroni Salad Tomato & Cucumber Salad Fresh Baby Carrots with Ranch Fruit Cocktail Blueberry Muffin Alt: Diet Jello	Polish Sausage on a Sausage Roll Ketchup/Mustard Buttered Baby Red Potatoes Creamy Coleslaw Peaches Chocolate Milk	Cheese Filled Lasagna Rollup with Marinara Italian Blend Veggies Spinach Salad with Vinegarette Dressing Italian Bread/butter Cantaloupe Cubes
21	22	23	24	25
Smoked Sausage Sweet Potatoes Caribbean Blend Veggies Whole Wheat Bread & butter Fruit Compote	Chicken & Broccoli Alfredo Bake Italian Beans Romaine Lettuce Salad with Italian dressing Chef's Choice Fruit Lemon Bar Alt: Diet Cookie	BBQ Chicken Quarter Dilled Red Potato Salad Creamy Coleslaw Parker House Roll/butter Waldorf Fruit salad Chocolate Milk	Smothered Meatballs Scalloped Potatoes Sunshine Carrots Nine Grain Bread/butter Fruit Pie Alt: Peach Half	3-Bean Vegetarian Chili with Sour Cream Mixed Vegetables Seasonal Fresh Fruit Cornbread/butter Oatmeal Raisin Cookie Alt: Diet Cookie
28	29	30		
Chicken Zucchini Casserole Diced Butternut Squash w/cranberries Green & Yellow Beans Nine Grain Bread/butter Pears	Pot Roast in gravy Mashed Potatoes Dilled Carrot Coins Multigrain Bread/butter Mandarin Oranges	BBQ Riblet Au Gratin Potatoes Texas Caviar Citrus Fruit Salad Dinner Roll/butter Coconut Cake Alt: Diet Jello		

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			1	2
			Pork Chop Suey with Veggies over Brown Rice Sugar Snap Peas Chilled Pineapple Peanut Butter Cookie Alt: Diet Cookie	KENTUCKY DERBY Open-faced Hot Turkey Sandwich with gravy on Wheat Hashbrown Casserole Creamed Spinach Watermelon Banana Pudding Alt: Diet Pudding
5	6	7	8	9
Cinco de Mayo Mexican Ground Beef Casserole with Brown Rice/sour cream Green Beans Sliced Jicama with Ranch Pineapple	Creamy Tuscan Sausage and Pasta Sicilian Grande Veggies Mixed Greens Salad with French Dressing Garlic Breadstick/butter Grapes	Roast Turkey in gravy Herbed Stuffing Harvard Beets Dilled Cucumber Salad Peaches Zucchini Bread/butter	Pub Burger with Provolone on a Wheat Bun Ketchup/Mustard Ranch Wedges Pea & Cheese Salad Cantaloupe	Apple Cranberry Chicken Salad On Flaky Croissant Broccoli Salad Carrot Raisin Salad Mixed Fruit Chocolate Cake Alt: Diet Jello

PLEASE NOTE: MENU SUBJECT TO CHANGE WITHOUT NOTICE

1% MILK INCLUDED

ALT= LOW SUGAR ALTERNATIVE

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

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

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

MUKWONAGO
Birchrock Senior Apts
280 Birchrock Way
(262) 363-4458
OPEN: Mon-Thursday

OVER

Vitamin D- Is it important?

- Did you know:
- Sunscreen blocks 95% of vitamin D production
 - We only make vitamin D in the skin when the sun is high enough in the sky....which is not the case in many areas during the winter months.
 - Vitamin D isn't a typical vitamin

Vitamin D is a fat-soluble vitamin that plays an important role in the health of older adults. Vitamin D promotes strong bones, helps muscles to move, and has a role in keeping the immune system healthy. Vitamin D may even play an important role in the health of and aging brain! Vitamin D is found naturally in a few foods, added to other foods, taken as a supplement, or generated within our body when sunlight reaches the skin and triggers production. However, as we age, our skin is unable to synthesize vitamin D as efficiently as it did in our younger years. Older adults are also more likely to spend more time indoors away from the sun.

How Much is Needed?

Older adults 70 years and above have higher vitamin D needs than younger adults. These needs are the same for both men and women. It's important to get the right amount of vitamin D. Too little can cause weak bones, but too much can cause toxicity. The tolerable upper limit level (UL) for vitamin D is set at 4,000 International Units (IU) for adults. It's important to note that excessive sun exposure does not cause vitamin D toxicity; too much supplementation is more often the culprit.

Food Sources of Vitamin D:

Unfortunately, we don't find high levels of vitamin D in a lot of different food sources. Very few foods naturally contain vitamin D, and many other foods are supplemented with vitamin D.

Food source	Amount per serving	IU per serving
Cod liver oil	1 Tbsp	1,360
Fatty fish (salmon)	3 ounces	566
Fortified orange juice	1 cup	137
Fortified milk	1 cup	124
Fortified margarine	1 Tbsp	60
Liver (beef)	3 ounces	42
Egg yolk	1 egg	41
Fortified cereal	1 cup	40

Breakfast is a good opportunity for high vitamin D foods: eggs, fortified cereal, milk and fortified OJ! But unfortunately, some older adults are not able to get enough Vitamin D through food and sunlight alone. It is important to talk with your healthcare team to see if a supplement is right for you.

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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