

MILWAUKEE COUNTY SENIOR DINING



MILWAUKEE COUNTY
Department on Aging

WEST ALLIS
7001 W. NATIONAL AVENUE
FOR CURBSIDE PICK-UP

JULY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>RESERVATIONS REQUIRED Suggested Contribution \$3.00 60+</p> <p>24-Hours Prior</p> <p>CALL SITE 414-302-8703</p> <p>CALL SITE FOR RESERVATIONS 24-HOUR NOTICE</p> <p>Find us on Facebook</p>				
<p>CLOSED 5</p>	<p>5 Roast Beef Whole Grain Bun Mayo Broccoli Slaw Marinated Bean Salad Kiwi</p>	<p>6 Chicken Caesar Salad 7 <i>Grilled Chicken Romaine, Croutons Tomatoes, Parmesan Caesar Dressing</i> Multi-Grain Bread Peanut Butter Cookie Fruit</p>	<p>8 Turkey Salad 8 Croissant Tossed Salad w/Dressing Grape Juice Mandarin Oranges Chocolate Mousse</p>	<p>2 Chicken BLT Wrap 2 American Potato Salad Apple Juice Rice Krispie Treat Clementine</p>
<p>12 Ham & Cheddar 12 Oat Bran Bread Baby Carrots 3-Bean Salad Fruited Yogurt Fresh Pear</p>	<p>13 Chicken Salad 13 Whole Wheat Bread Pickle Spear Rainbow Slaw Granola Bar Apple</p>	<p>14 Chef's Salad 14 <i>Turkey, Ham, Cheese Egg, Croutons, Ranch</i> French Bread Nectarine Million Dollar Cake</p>	<p>15 Sub Sandwich 15 Multi-Grain Roll French Potato Salad Marinated Veggies Graham Crackers Fruit Cocktail</p>	<p>16 Egg Salad 16 Vienna Bread Romaine Salad/Italian String Cheese Molasses Cookie Fresh Plum</p>
<p>19 Tuna Salad 19 Croissant Broccoli Florets Cucumber Salad Apple Juice Pineapple</p>	<p>20 Sliced Turkey 20 w/Lettuce & Tomato on Multi-Grain Bun Pea & Cheese Salad Pretzels Pudding Banana</p>	<p>21 Big Mac Salad 21 <i>Ground Beef, Romaine Onion, Tomato, Pickles Shredded Cheddar 1,000 Island Dressing</i> Sesame Bread Seasonal Fruit Cup Sugar Cookie</p>	<p>22 Chicken Salad 22 on Bed of Lettuce Mediterranean Quinoa Poppy Seed Roll Raisins Cherry Pie</p>	<p>23 Ham & Swiss 23 Marble Rye Bread w/Mustard Pickled Beet Salad Applesauce German Chocolate Cake Grapes</p>
<p>26 Roast Beef & Swiss 26 7-Grain Bread w/Mayo Marinated Carrot Salad Juice Fresh Orange Lorna Doone Cookies</p>	<p>27 Ham Salad 27 on Rye Bread Pasta Salad Chips Lemon Pudding Tropical Fruit Cup</p>	<p>28 Turkey BLT Salad 28 <i>Chopped Turkey Crumbled Bacon Lettuce, Tomato Ranch Dressing</i> Cauliflower Florets Cornbread Mixed Berries</p>	<p>29 Taco Salad 29 <i>Taco Meat, Beans Cheese, Peppers, Onion Tomato, Lettuce, Dressing</i> Tortilla Chips Snickerdoodle Cookie Watermelon</p>	<p>30 Tuna Salad 30 Kaiser Roll Lettuce Leaf, Tomato Sun Chips Fresh Fruit Cup Orange Juice Baker's Choice</p>

FRUITS & VEGETABLES

Try for 4-5 servings of each per day.*
What counts as a serving?



FRUITS

ONE MEDIUM FRUIT



FRESH, FROZEN OR CANNED FRUIT



DRIED FRUIT



FRUIT JUICE**



VEGETABLES

RAW LEAFY VEGETABLE



FRESH, FROZEN OR CANNED VEGETABLE



VEGETABLE JUICE**



*Recommended daily goal based on 2,000 calorie/day eating pattern.

**Fruit and vegetable juices can be part of a healthy diet. One serving of 100 percent juice can fulfill one of your recommended daily servings of fruits and vegetables, but watch for calories and added sugars or sodium. Choose 100 percent juice (or 100 percent juice and water) instead of sweetened juice or juice drinks.

heart.org/gettinghealthy