

MILWAUKEE COUNTY SENIOR DINING

FRANKLIN

9229 W. LOOMIS ROAD



(414) 427-7696

11:00 FOR IN-PERSON DINING

APRIL



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Reservations Required</p>	 <p>f</p>	 = Healthier Dessert	 Fruit	CLOSED
				 <p><i>Friday before Easter</i></p>
<p>6</p> <p>Meatball Sub Marinara Sauce Potatoes O'Brien Chef's Vegetables Orange</p>	<p>7</p> <p>Chicken Marsala Mashed Potatoes Italian Vegetables Strawberry Applesauce Cookie  Fruit</p>	<p>8</p> <p>Crab Pasta Salad Spring Salad Mix Baby Carrots Banana</p>	<p>9</p> <p>Tater Tot Casserole Green Beans Beets Wheat Dinner Roll Fresh Pear</p>	<p>10</p> <p>Turkey Burger Bun Lettuce & Tomato Scalloped Potatoes Peas Apple</p>
<p>13</p> <p>Tuna Salad Kaiser Roll Broccoli Florets Pea & Cheese Salad Chilled Apricots</p>	<p>14</p> <p>Lasagna Casserole Roasted Cauliflower Corn Garlic Bread Rosy Pears</p>	<p>15</p> <p>Honey Baked Ham Hawaiian Rice Garden Vegetables Seasonal Fruit Peach Cobbler  Chilled Peaches</p>	<p>16</p> <p>Oven-Fried Chicken Garlic Mashed Potatoes Southwest Vegetables Cornbread Tropical Fruit Cocktail</p>	<p>17</p> <p>Chili Mac Sautéed Vegetables Garden Salad Pineapple Granola Bar</p>
<p>20</p> <p>Roast Turkey Gravy Mashed Potatoes Green Bean Casserole  Apple Juice Cranberry Fluff</p>	<p>21</p> <p>Beef & Broccoli Brown Rice Warm Cinnamon Apples Dinner Roll Fresh Fruit</p>	<p>22</p> <p>Chicken Gyro Salad <i>Chicken, Tomato, Onion</i> <i>Lettuce, Tzatziki</i> French Bread Fruited Jello Clementine</p>	<p>23</p> <p>Scrambled Eggs Sausage Patty American Fried Potatoes  Orange Juice Melon</p>	<p>24</p> <p>Cranberry-Glazed Pork Sweet Potatoes Country Vegetables Biscuit Oreos  Fruit</p>
<p>27</p> <p>Hot Dog/Bun Oven-Fried Potatoes Baked Beans Rainbow Slaw Oatmeal Raisin Cookie  Raisins</p>	<p>28</p> <p>Seafood Alfredo Penne Pasta Mediterranean Vegetables  Grape Juice Fruit Cocktail</p>	<p>29</p> <p>Chef's Salad <i>Ham, Turkey, Cheese</i> <i>Hard Boiled Egg, Dressing</i> Blueberry Muffin  Cranberry Juice Apple</p>	<p>30</p> <p>BBQ Pulled Pork Bun Chef's Potatoes Vegetable du Jour Sunshine Fruit Cup</p>	<p>Suggested Contribution</p> <p> 60+</p> <p>\$3.00</p>



American Heart Association.
Healthy for Good™

SEASONS OF EATING

SPRING

Artichokes
Asparagus
Carrots
Chives

Fava beans
Green onions
Leeks

Lettuce
Parsnips
Peas
Radishes

Rhubarb
Swiss chard

SUMMER

Berries
Corn
Cucumbers
Eggplant
Figs

Garlic
Grapes
Green beans
Melons

Peppers
(sweet, hot)
Stone fruit
(apricots, cherries,
nectarines,
peaches, plums)

Squash, summer
(yellow, zucchini)
Tomatoes
Zucchini

FALL

Apples
Brussels Sprouts

Dates
Pears
Pumpkins

Squash, winter
(acorn, butternut,
spaghetti)

Sweet potatoes

WINTER

Bok choy
Broccoli
Cauliflower
Celery

Citrus fruit
(clementines,
grapefruit,
lemons, limes,
oranges,
tangerines)

Endive
Leafy greens
(collards, kale,
mustard greens,
spinach)

Root vegetables
(beets, turnips)

KEEP THESE TIPS IN MIND WHEN USING AND SHOPPING FOR SEASONAL PRODUCE:

- **Save money.** Fresh foods are often less expensive during their harvest season. You may even save money by buying in bulk.
- **Chose local produce.** Eat locally and regionally grown fruits and vegetables when possible. These offer more taste and retain more nutrients than produce that's been picked weeks earlier and shipped across the country or world. Choosing local also can help reduce our carbon footprint.
- **Shop at a local farmers market.** Learn about produce you may be unfamiliar with and get ideas on how to cook it.
- **Grow your own produce.** Gardening offers fresh seasonal produce and some physical activity, too. Because gardening can be therapeutic and gratifying, it can also help with overall well-being.
- **Freeze fresh produce.** Add frozen fruit and vegetables to smoothies, soups, breads or baked goods, such as blueberries in pancakes or shredded zucchini in a quick bread.

Learn more at heart.org/HealthyForGood

EAT SMART MOVE MORE BE WELL

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