

MILWAUKEE COUNTY SENIOR DINING

FRANKLIN

9229 W. LOOMIS ROAD

FOR GRAB & GO

AUGUST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Salad 1 Italian Bread Marinated Carrot Salad Pasta Salad Pineapple Molasses Cookie	Hard Salami 2 7-Grain Bread Potato Salad 3-Bean Salad 🍇 Grape Juice Red Delicious Apple	Big Mac Salad 3 Ground Beef, Romaine Onion Pickle, Cheddar 1,000 Island Dressing Multi-Grain Bread Chocolate Brownie Fresh Fruit	Club Sandwich 4 Turkey, Ham & Swiss w/Lettuce, Tomato, Mayo Broccoli Salad Sun Chips 🍷 Cranberry Juice Cantaloupe	Tuna Tortilla Wrap 5 Coleslaw Pickle Spear Banana Shortbread Cookie
Egg Salad Bun Kidney Bean Salad String Cheese Blushing Pears Cereal Bar	🗳️ PRIMARY ELECTION DAY 9 🚫 Multiple Site Closures Roast Beef Onion Bun Pasta Salad Broccoli Florets Frosted Marble Cake 🍊 Orange	Seafood Pasta Salad 10 on Mixed Lettuce Bed w/Cucumber & Tomato Poppy Seed Roll Baby Carrots Cottage Cheese Fresh Peach	Sliced Turkey 11 Sesame Bread Lettuce & Tomato Cranberry Slaw Fresh Pear Baker's Choice Cookie	Submarine Sandwich 12 Potato Salad Pea & Cheese Salad Watermelon Cream Puff
Shaved Ham 15 Whole Wheat Bread Broccoli Slaw 🍊 Orange Juice Melon Wedge Fruited Yogurt	Tuna Salad 16 Kaiser Roll Cauliflower Florets Sun Chips Fresh Orange Butterscotch Pudding	Turkey BLT Salad 17 <i>Chopped Turkey, Bacon Romaine, Tomato, Cheese Ranch Dressing</i> Bran Muffin Red Jello Clementine	Chicken Salad 18 Whole Wheat Bread Arugula & Tomato Salad Red Cabbage Slaw Fresh Pear Chocolate Mousse	Cheddar, Swiss, Colby 19 Marble Rye Bread Marinated Bean Salad Cucumber Tomato Salad Granny Smith Apple Baker's Choice Pie
Roast Beef 22 Honey Wheat Bread Creamy Cucumber Salad Chips Fresh Orange Lemon Bar	Submarine Sandwich 23 Hoagie Bun Carrot Raisin Salad Tropical Fruit 🍏 Apple Juice Yogurt	Asian Chicken Salad 24 <i>Grilled Chicken, Mixed Greens Mandarin Oranges, Vinaigrette Chow Mein Noodles, Almonds</i> Hawaiian Dinner Roll Applesauce Baker's Choice Dessert	Ham & Cheese 25 Multi-Grain Bread Spinach Salad w/Tomato & Cucumber Black Bean Salad Nectarine Pineapple Cake	Taco Salad 26 <i>Taco Meat, Cheese Tomato, Peppers, Onion Lettuce, Dressing</i> Tortilla Chips Plum Rice Krispie Treat
Turkey Salad 29 7-Grain Bread Baby Carrots Pretzels Apple M & M Cookie	Roast Beef 30 Multi-Grain Bread Potato Salad Broccoli Slaw Fruit Cocktail Oatmeal Raisin Cookie	Chef's Salad 31 <i>Ham, Turkey, Cheese Hard Boiled Egg Ranch Dressing</i> Dinner Roll Granola Bar Fresh Strawberries	RESERVATIONS REQUIRED Suggested Contribution \$3.00 60+  24-Hour Notice 9:00-11:00  CALL SITE 414-427-7696 find us on 	

TAKE CONTROL OF YOUR HEALTH



We are committed to improving the health and wellness of older adults in Milwaukee County. Together with our community partners, we offer wellness and prevention programs that promote healthy aging in areas including caregiving, chronic conditions, falls prevention and physical activity.

A photograph of a smiling woman with curly hair, wearing a blue top, resting her chin on her hand.

Health & Wellness Workshops

- Healthy Living with Diabetes
- Healthy Living with Chronic Pain
- Living Well with Chronic Conditions
- Mind Over Matter (MOM)
- Physical Activity for Lifelong Success (PALS)
- Powerful Tools for Caregivers
- Savvy Caregiver Program
- Stand Up and Move More
- Stepping On: Falls Prevention Program
- Tomando Control de su Salud
- Vivir Saludable con Diabetes
- Walk With Ease

Learn more and register for an upcoming workshop:
county.milwaukee.gov/aging#wellness

Or contact our Health & Wellness
Programs Coordinator at (414) 289-6352

