

MILWAUKEE COUNTY SENIOR DINING

FRANKLIN

9229 W. LOOMIS ROAD

 **(414)427-7696**

11:00 FOR IN-PERSON DINING

AUGUST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 RESERVATIONS REQUIRED PLEASE CALL 414-427-7696  find us on facebook Suggested Contribution \$3.00 60+   = HEALTHIER DESSERT				
Bratwurst on Bun 4 Scalloped Potatoes Baked Beans Rainbow Slaw Fresh Orange	Seafood Alfredo 5 Angel Hair Pasta Sautéed Spinach Italian Bread Red Jello Lorna Doone Cookies	Big Mac Salad 6 <i>Ground Beef, Romaine, Cheese Pickle, Onion, Thousand Island</i> Sesame Bread Clementine Chocolate Mousse	Cheesy Ham & Potatoes 7 Brussels Sprouts Warm Peaches Bran Muffin Rice Krispie Treat  Granny Smith Apple	Pizza Casserole 1 w/Sausage Sautéed Peppers Beet Salad Garlic Bread Grapes
Chicken Creole 11 Red Beans & Rice Roasted Cauliflower Cornbread Mandarin Oranges with Pineapple	Open-Faced Turkey 12 w/Gravy on Golden Wheat Hashbrown Casserole Sweet Corn  Cranberry Juice Fresh Pear	Chicken Gyro Salad 13 <i>Chicken, Red Onion, Tomato Cucumber, Lettuce, Tzatziki</i> 7-Grain Bread Fruited Yogurt Banana	Tuna Casserole 14 Normandy Vegetables Tossed Salad Whole Grain Bread Fresh Peach	Shepherd's Pie 15 Mashed Potatoes Braised Cabbage Dinner Roll Sugar Cookie  Fruit
Penne Sausage Bake 18 Country Vegetables Warm Apple Compote French Bread Fruit Fluff	Sloppy Joe on Bun 19 Chef's Potato Salad Vegetables Du Jour  Apple Juice Coconut Cream Pie  Fresh Fruit	Turkey BLT Salad 20 <i>Turkey, Bacon, Romaine Tomato, Ranch Dressing</i> Sourdough Bread  Orange Juice Honey Dew Melon	Chicken Pot Pie 21 Wild Rice Summer Squash Biscuit Tropical Fruit Cocktail	Oven-Baked Fish 22 Chef's Potatoes Peas & Pearl Onions Creamy Coleslaw Marble Rye Bread Applesauce
Egg Salad Sandwich 25 Pickled Beet Salad Pretzels Cottage Cheese Peach Crumble  Peaches	Teriyaki Chicken 26 Rice Pilaf Stir-Fried Vegetables Poppy Seed Dinner Roll Pineapple	Asian Chicken Salad 27 <i>Greens, Chicken, Almonds Mandarin, Crispy Noodles</i> Hawaiian Dinner Roll  Grape Juice Cantaloupe	Turkey Burger/Bun 28 <i>w/Lettuce, Tomato, Cheese</i> Au Gratin Potatoes Grilled Vegetables Angel Food Cake w/Strawberries	Meatball Sub 29 Bow Tie Pasta/Marinara Italian Vegetables Black Olives Ambrosia

View Menus Online! county.milwaukee.gov/aging/diningmenus · Senior Dining Office: 414-289-6995

MILWAUKEE COUNTY SENIOR DINING

Staying Safe in **Hot Weather**



Watch for these signs of hyperthermia:



Dizziness



Muscle cramps



Swelling in your ankles and feet



Nausea and weakness



Rapid pulse



Tips to prevent hot-weather illness:



Drink liquids



Limit caffeine and alcohol



Wear light-colored, loose fitting clothes



If it's too hot, try exercising indoors

Learn more about staying safe in hot weather at www.nia.nih.gov/hot-weather-safety.

Cuidados al ejercitarse cuando hace **calor**



Preste atención a estos signos de hipertermia:



Mareos



Calambres musculares



Hinchazón de los tobillos y los pies



Náuseas y debilidad



Pulso acelerado



Sugerencias para prevenir problemas de salud causados por el calor:



Beba líquidos



Si hace demasiado calor, trate de hacer ejercicio bajo techo



Use ropa holgada y de colores claros



Limite cafeína y alcohol

Obtenga más información sobre cómo mantenerse seguro cuando hace calor en: www.nia.nih.gov/espanol/hipertermia.