

# MILWAUKEE COUNTY SENIOR DINING

## FRANKLIN

9229 W. Loomis Road



**(414) 427-7696**

11:00 For In-Person Dining

# AUGUST



| Monday                                                                                                                                                                             | Tuesday                                                                                                                                                    | Wednesday                                                                                                                                                                   | Thursday                                                                                                                                         | Friday                                                                                                                                                                           |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Sloppy Joe Bun</b><br><b>Au Gratin Potatoes</b><br><b>Vegetables du Jour</b><br><b>Ambrosia</b><br><b>3</b>                                                                     | <b>Baked Chicken</b><br><b>Gravy</b><br><b>Rice</b><br><b>Black Beans &amp; Corn</b><br><b>Cran-Apple Juice</b><br><b>Mandarin Oranges</b><br><b>4</b>     | <b>Chicken Gyro Salad</b><br><i>Grilled Chicken, Onion</i><br><i>Lettuce, Onion, Tzatziki</i><br><b>Bread</b><br><b>Baby Carrots</b><br><b>Peaches</b><br><b>5</b>          | <b>Meatball Sub</b><br><b>Tater Tots</b><br><b>Calico Beans</b><br><b>String Cheese</b><br><b>Fruit Compote</b><br><b>6</b>                      | <b>Breakfast Bake</b><br><i>Egg, Potato, Bacon, Cheese</i><br><b>Stewed Tomatoes</b><br><b>Cinnamon Apples</b><br><b>Orange Juice</b><br><b>Fruited Bread/Muffin</b><br><b>7</b> |
| <b>Peachy Pork Roast</b><br><b>Sweet Potatoes</b><br><b>Brussels Sprouts</b><br><b>Whole Grain Bread</b><br><b>Grapes</b><br><b>10</b>                                             | <b>Beef Stroganoff</b><br><b>Egg Noodles</b><br><b>Broccoli</b><br><b>Beets</b><br><b>Cornbread Muffin</b><br><b>Fresh Pear</b><br><b>11</b>               | <b>Chef's Salad</b><br><i>Turkey, Ham, Egg, Cheese</i><br><i>Tomato, 1,000 Island</i><br><b>Dinner Roll</b><br><b>Yogurt</b><br><b>Angel Food Cake/Berries</b><br><b>12</b> | <b>Stir-Fry Glazed Chicken</b><br><b>Rice Pilaf</b><br><b>Stir-Fry Vegetables</b><br><b>Asian Slaw</b><br><b>Tropical Fruit Cup</b><br><b>13</b> | <b>Pizza Burger (Open-Faced)</b><br><b>Italian Vegetables</b><br><b>Rotini Pasta Salad</b><br><b>Mango Applesauce</b><br><b>Fruit Crisp</b><br><b>Heart Fruit</b><br><b>14</b>   |
| <b>Italian Sausage</b><br><b>Noodles/Marinara</b><br><b>Sautéed Spinach</b><br><b>Chilled Pears</b><br><b>Clementine</b><br><b>17</b>                                              | <b>Baked Fish</b><br><b>Potato Pancakes</b><br><b>Peas &amp; Carrots</b><br><b>Applesauce</b><br><b>Dessert Fluff</b><br><b>18</b>                         | <b>Turkey BLT Salad</b><br><i>Turkey, Bacon, Cheese</i><br><i>Romaine, Tomato, Ranch</i><br><b>French Bread</b><br><b>Fruited Jello</b><br><b>Melon</b><br><b>19</b>        | <b>BBQ Riblet</b><br><b>on Bun</b><br><b>Smashed Potatoes</b><br><b>Country Vegetables</b><br><b>Fruit Punch</b><br><b>Apple</b><br><b>20</b>    | <b>Meatloaf &amp; Gravy</b><br><b>Parsley Potatoes</b><br><b>Cabbage</b><br><b>Fruit Cocktail</b><br><b>Cookie</b><br><b>Heart Fruit</b><br><b>21</b>                            |
| <b>Creole Chicken</b><br><b>Red Beans &amp; Rice</b><br><b>Carrots</b><br><b>Hawaiian Dinner Roll</b><br><b>Pineapple</b><br><b>24</b>                                             | <b>Hot Turkey/Bun</b><br><b>Potato Casserole</b><br><b>Succotash</b><br><b>Cranberry Sauce</b><br><b>Baker's Choice</b><br><b>Heart Fruit</b><br><b>25</b> | <b>Build Your Own</b><br><b>Chicken Caesar Wrap</b><br><b>Soft Flour Tortilla</b><br><b>Broccoli Florets</b><br><b>Banana</b><br><b>Nutrigrain Bar</b><br><b>26</b>         | <b>Chicken Parmesan</b><br><b>Noodles &amp; Sauce</b><br><b>Garlic Green Beans</b><br><b>Garden Salad</b><br><b>Fresh Orange</b><br><b>27</b>    | <b>Cheddarwurst</b><br><b>Bun</b><br><b>German Potato Salad</b><br><b>Baked Beans</b><br><b>Grape Juice</b><br><b>Creamy Fruit Salad</b><br><b>28</b>                            |
| <b>Cranberry Meatballs</b><br><b>Mashed Potatoes</b><br><b>Chef's Vegetables</b><br><b>Pea &amp; Cheese Salad</b><br><b>Lorna Doone Cookies</b><br><b>Heart Fruit</b><br><b>31</b> |                                                                                                                                                            |                                                                                                                                                                             |                                                                                                                                                  |                                                                                                                                                                                  |



\* Menu subject to change without notice

find us on facebook



= Healthier Dessert

**Suggested Contribution**

**60+**

**\$3.00**

# HEALTHY HEART, HEALTHY BRAIN, AND HEALTHY AGING

Choices you make today can help prevent stroke and heart disease and keep you mentally sharp as you age.



American  
Stroke  
Association.  
A division of the  
American Heart Association.

Avoid **brain problems** like stroke, memory loss and difficulties with thinking and learning by **taking the following actions:**



MANAGE BLOOD  
PRESSURE, BLOOD  
GLUCOSE &  
CONTROL  
CHOLESTEROL



SLEEP  
WELL



STOP SMOKING &  
LIMIT ALCOHOL  
INTAKE



EAT  
BETTER



MONITOR  
COGNITIVE  
CHANGES



GET  
PHYSICALLY  
AND SOCIALLY  
ACTIVE



LOSE  
WEIGHT



**150 MINUTES**  
OF PHYSICAL ACTIVITY  
**PER WEEK**  
& A WELL-BALANCED DIET  
**CAN IMPROVE MEMORY**  
AND YOUR ABILITY TO PROCESS INFORMATION

Research shows a **brain-healthy diet** is:



**HIGH** in fruits, vegetables, poultry, fish, nuts,  
whole grains and low-fat foods



**LOW** amounts of red meats, sweets, sugar-sweetened  
beverages, saturated fat and cholesterol



**80% OF STROKES  
AND HEART DISEASE  
MAY BE PREVENTABLE<sup>1</sup>**

All systems of our bodies work best when they have optimal blood flow, and our brain's ability to think, regulate, control our bodies and enjoy life is no exception.

<sup>1</sup><https://www.dhsjournal.org/doi/10.1181/01.40.000042009.00053.40>

For more information visit **heart.org/BrainHealth**

 [county.milwaukee.gov/aging](https://county.milwaukee.gov/aging)