

MILWAUKEE COUNTY SENIOR DINING



FRANKLIN

9229 W. LOOMIS ROAD

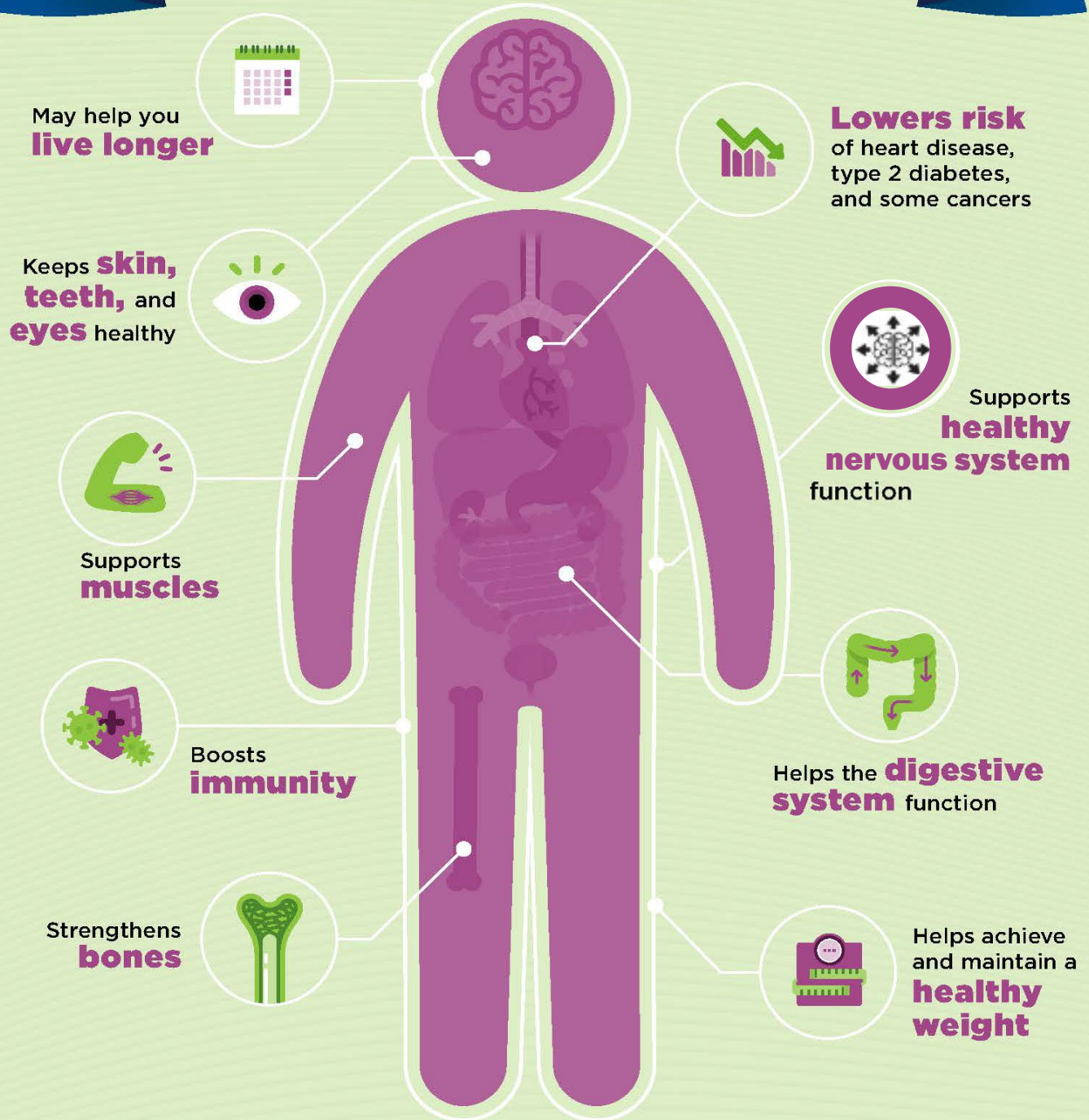
11:00 FOR IN-PERSON DINING ONLY

FEBRUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RESERVATIONS REQUIRED <i>24-Hours Prior Plan Ahead</i> PLEASE CALL  414-427-7696 			1	2
			Beef & Bean Chili Baked Potato/Sour Cream Cauliflower Tortilla Chips Fruit Crisp  Fruit	Grilled ¼ Pound Frank Hot Dog Bun Sweet Potato Wedges Baked Beans Creamy Cucumber Salad Fresh Fruit
BBQ Pulled Pork Kaiser Roll Macaroni & Cheese Southwest Vegetables Red Cabbage Slaw Granola Bar	5	6	7	8
	Beef Stew Mashed Potatoes Chef's Vegetables Sesame Bread M & M Cookie  Fruit	Chicken Tortellini Salad <i>Spinach, Chicken, Black Olives, Mozzarella Red Wine Vinegar Served over Lettuce</i> Cherry Tomatoes Cottage Cheese Blueberry Muffin	Hot Ham & Cheese Whole Wheat Bun German Potato Salad Wisconsin Vegetables  Apple Juice Grapes	Beef & Broccoli Rice Vegetable Egg Roll Fruited Yogurt Orange
12	13	14	15	16
Veggie Omelet w/Cheese Sauce Breakfast Potatoes Warm Cinnamon Apples  Orange Juice Banana Bread	Creole Chicken Red Beans & Rice Bahama Vegetables Cornbread Tropical Fruit Cocktail	VALENTINE'S DAY Seafood Pasta Salad <i>on Mixed Lettuce Bed w/Cucumber & Tomato</i> Poppy Seed Roll Baby Carrots Cherry Cheesecake  Fruit	BBQ Chicken Leg/Thigh Brown Rice Creamed Spinach Side Salad Biscuit Red Delicious Apple	Vegetable Lasagna Green Beans Garlic Bread  Juice Melon
19	20	21	22	23
	Election Day POSSIBLE SITE CLOSURES Italian Sausage/Sauce Vegetable Pasta Bake Italian Vegetables Crusty Roll Blushing Pears	Smothered Chicken Wild Rice Country Vegetables Mixed Greens Cornbread Muffin Applesauce	2 Soft Beef Tacos Flour Tortillas, Salsa Lettuce, Tomato, Cheese Refried Beans Southwest Style Corn Banana	Baked Fish Tartar Sauce Cheesy Potatoes Dilled Carrots Rye Bread Boston Cream Pie  Fruit
26	27	28	29	
Cranberry Meatballs Roasted Potatoes Brussels Sprouts Vienna Bread Pudding  Fruit	Teriyaki Chicken Rice Pilaf Vegetable Stir-Fry Hawaiian Dinner Roll Pineapple	Hamburger on Bun w/Swiss, Lettuce & Tomato Baby Baker Potatoes Peas & Pearl Onions Pickle Spear Creamy Fruit Salad	Chicken Primavera Penne Pasta Alfredo Broccoli Tossed Salad Italian Bread Clementine	Suggested Contribution \$3.00 60+   = Healthier Dessert

Benefits of Healthy Eating for Adults



TO LEARN MORE VISIT
cdc.gov/healthyweight/healthy_eating

