

MILWAUKEE COUNTY SENIOR DINING

FRANKLIN

9229 W. LOOMIS ROAD



(414) 427-7696

11:00 FOR IN-PERSON DINING

FEBRUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Cordon Bleu Rice Carrot Coins ✿ Cran-Apple Juice Dessert Bar ❤ Fruit	2 Meatball Sub Italian Sauce Rotini Pasta Corn Granny Smith Apple	3 Baked Ziti & Meat Sauce Italian Vegetables Romaine Salad/Italian Cinnamon Apples Raisins	4 Peachy Pork Roast Brown Rice Braised Cabbage ✿ Grape Juice Pineapple & Mandarin	5 Stuffed Pepper Casserole Chef's Vegetables Glazed Beets ✿ Fruit Punch Banana Bread
Sloppy Joe/Bun Dilly Potatoes Roasted Vegetables Pea & Cheese Salad Rosy Pears	9 Chicken Parmesan Marinara Sauce Bowtie Pasta Sicilian Vegetables Apple Juice Clementine/Cutie	10 Sliced Turkey Gravy Mashed Potatoes Winter Squash Dinner Roll Fruit Cocktail	11 Cheeseburger/Bun Sliced Tomato Baby Baker Potatoes Steamed Vegetables Rice Krispie Treat ❤ Fruit	12 White Chicken Chili Cilantro Rice Succotash Tortilla Chips Chilled Peaches
CLOSED 	16	17 Roast Beef/Gravy Baked Potato Casserole Creamy Green Beans Biscuit Baker's Choice ❤ Fruit	18 Fish Filet w/Cheese Whole Wheat Bun Roasted Potatoes Baby Carrots Coleslaw Fresh Orange	19 Brunch for Lunch Scrambled Eggs Hashbrowns Sautéed Veggies ✿ Orange Juice Blueberry Muffin
Italian Sausage/Bun Peppers & Onions Marinara Sauce Egg Noodles Broccoli & Cauliflower Tangerine	23 Honey-Baked Ham German Potato Salad Baked Beans Dinner Roll Tropical Fruit Cocktail	24 Meatloaf Gravy Mashed Potatoes Sautéed Spinach Carrot Raisin Salad Banana	25 Asian Chicken Salad Greens, Chicken, Almonds Mandarin, Crispy Noodles Hawaiian Dinner Roll ✿ Grape Juice Fruited Yogurt	26 Seafood Penne Alfredo Brussels Sprouts Stewed Tomatoes Apple Juice Pear & Grape Salad



= Healthier Dessert

find us on facebook.

* Menu subject to change without notice

Suggested Contribution



60+

\$3.00



county.milwaukee.gov/aging

✉ SeniorDining@milwaukeecountywi.gov

☎ Senior Dining Office: 414-289-6

5 THINGS YOU NEED TO KNOW ABOUT SHINGLES

Shingles is a disease that causes a painful skin rash. About **1 in 3 people** will get shingles, and your risk increases as you age.



It comes from the same virus that causes chickenpox. Although there is no cure, shingles can be prevented and treated.

Here are 5 things you need to know about shingles:



1

Anyone of any age, who has recovered from chickenpox, can get shingles.



2

Symptoms of shingles include burning or shooting pain, tingling or itching, chills, fever, headache, upset stomach and rashes or blisters that develop on one side of the body, usually on your face or around your waist.

There are medicines that may help.



3

Healthy adults age 50 and older should talk to their healthcare professional about getting the **shingles vaccine** to reduce their risk.



4

Generally, shingles is not contagious, but a person with active shingles can spread the virus when the rash is in the blister phase. It's important to **keep the rash covered**.



5

Most cases of shingles **last 3-5 weeks**. Most people get shingles only one time, but it is possible to have it more than once.

Visit <https://www.nia.nih.gov/health/shingles> to learn more.

