# MILWAUKEE COUNTY SENIOR DINING

## **FRANKLIN**

9229 W. LOOMIS ROAD



# 11:00 FOR IN-PERSON DINING ONLY JANUARY



				1 1 1
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	Lemon Garlic 3	Stuffed Green Pepper 4	Boneless Pork Loin 5
* HAPPY* .		Chicken Breast	w/Tomato Sauce	Gravy
		Buttered Noodles	Mashed Potatoes	Baby Baker Potatoes
NEW	Site Closure	Whole Kernel Corn	Chef's Vegetables	Peas
T YEAR **	Plan ahead	7-Grain Bread	Baking Powder Biscuit	Rye Dinner Roll
		Applesauce	Nutri-Grain Bar	Carrot Cake
CLOSED				Fresh Fruit
Fresh Polish Sausage 8	Sliced Turkey 9	Roast Beef 10	Spaghetti 11	Creole Baked Fish 12
German Potato Salad	Gravy	on Kaiser Roll	Meat Sauce	Wild Rice
Calico Beans	Mashed Potatoes	Scalloped Potatoes	Grilled Vegetables	Broccoli
Multi-Grain Bread	Normandy Vegetables	California Vegetables	Garlic Bread	Cornbread
Oatmeal Raisin Cookie	Dinner Roll	Spinach Salad	Cottage Cheese	Mandarin Oranges
<b>●</b> Raisins	Peaches	Granola Bar	Seasonal Fruit	
CLOSED 15	Glazed Ham 16	Seafood Salad 17	Denver Omelet 18	White Bean Chicken Chili19
CLOSED	Mashed Sweet Potatoes	on Lettuce Leaf	w/Cheese Sauce	Diced Onion, Tomato
	Sweet & Sour Cabbage	Tri-Colored Pasta Salad	Sausage Links	Southwest Vegetables
	Poppy Seed Dinner Roll	Carrot Sticks	Hashbrowns	Tortilla Chips
	Baker's Choice	Split-Top Dinner Roll	Fresh Orange	String Cheese
WING DAY	Fruit	Pineapple	Coffee Cake	Banana
Beef Stroganoff 22	Oven-Fried Chicken 23	Salisbury Steak 24	Tuna Casserole 25	Shredded Turkey 26
Buttered Noodles	Wisconsin Vegetables	Gravy	Mediterranean Vegetables	Sesame Bun
Winter Squash	Rice Pilaf	Mashed Potatoes	Diced Cinnamon Apples	Au Gratin Potatoes
Dinner Roll	Hawaiian Dinner Roll	Roasted Cauliflower	Sourdough Bread	Succotash
Bartlett Pear	Angel Food Cake	Whole Grain Bread	Brownie	Apple Juice
	w/Berries	Lemon Meringue Pie	Fruit	Graham Crackers
		Fruit		
Chicken Parmesan 29	Cranberry Meatballs 30	Chef's Salad 31	RESERVATION	NS REQUIRED
Penne Pasta	Buttered Noodles	Ham, Turkey, Cheese	PLEASE CALL	= HEALTHIER DESSERT
Marinara Sauce	Country Vegetables	Hard Boiled Egg, Dressing	24-Hours Prior	Suggested Contribution \$3.00
Italian Green Beans	Oat Bran Bread	Blueberry Muffin	PLAN AHEAD	60+
Italian Bread	Cereal Bar	Fruited Yogurt		
Peaches		Melon	414.427.70	096

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# Is this food expired?

# Understanding Date Labels

Most dates on food are not regulated. More often than not, dates are an indication of **quality** rather than **safety**. Unfortunately many products are tossed unnecessarily even though items are still tasty and nutritious after the date has passed.

A better understanding of these dates will help reduce food waste and stretch your dollars.

#### **BEST BY -OR- BEST IF USED BY**

Indicates when the food will have the best flavor. It is still safe to eat past this date.

#### PACKAGING/MANUFACTURING DATE

This is the date manufacturers use for tracking. It is **not an expiration date**.

It is not related to food quality or safety.

#### **USE BY -OR- EXPIRATION DATE**

Indicates the last date the product will be at peak quality.

It is still safe to eat past this date--(except for baby formula)

#### **SELL BY DATE**

This informs store employees how long to display the products for sale.

It is still safe to eat, past this date.



## Good for up to 7 days after the date:



- Milk
- Yogurt
- Cream Cheese



## Good for up to **30 days after** the date:

30

- Butter
- Cheese
- Eggs



### Good for up to **one year after** the date:

- Packaged Foods: Cereals, Pasta, Dried Beans, Baking Mixes
- Canned Goods: Soups, Condiments, Meat, Fruit, Vegetables
- Frozen Foods