

# MILWAUKEE COUNTY SENIOR DINING





**FRANKLIN**  
9229 W. LOOMIS ROAD

**(414)427-7696**

11:00 FOR IN-PERSON DINING

# JULY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>RESERVATIONS REQUIRED</b>  <b>414-427-7696</b>	<b>1</b> Stuffed Green Pepper w/Tomato Sauce Parmesan Diced Potatoes Chef's Vegetables 7-Grain Bread Peanut Butter Cookie 🍎Fruit	<b>2</b> Chef's Salad <i>Turkey, Ham, Cheese Egg, Tomato</i> <i>1,000 Island Dressing</i> French Bread Clementine Cereal Bar	<b>3</b> <b>SITE CLOSURE</b>	<b>4</b> <b>CLOSED</b> 
<b>7</b> Cranberry Meatballs Roasted Potatoes Oriental Vegetables Oat Bran Bread Pineapple Tidbits	<b>8</b> Shredded Turkey Whole Wheat Bun Chef's Potatoes Country Vegetables 🍇Grape Juice Fruit Cup	<b>9</b> Seafood Salad on Leaf Lettuce Pea & Cheese Salad Carrot Sticks Split-Top Dinner Roll Strawberry Fluff	<b>10</b> Meatloaf & Gravy Scalloped Potatoes Laguna Vegetables Multi-Grain Roll Caramel Apple Bar 🍎Fruit	<b>11</b> Smothered Chicken Sweet Potatoes Roasted Vegetables Cornbread Fresh Pear
<b>14</b> Sliced Ham Hawaiian Rice Wisconsin Vegetables Rye Dinner Roll Chocolate Pudding 🍎Apple	<b>15</b> Baked Cod Lemon Sauce Mashed Potatoes Sautéed Spinach Poppy Seed Dinner Roll Creamy Fruit Salad	<b>16</b> Taco-Salad <i>Taco Meat, Cheese Tomato, Onions, Peppers</i> <i>Lettuce, Dressing</i> Tortilla Chips 🍏Apple Juice Plum	<b>17</b> Spaghetti & Meatballs w/Italian Sauce Garden Vegetables Arugula Salad Garlic Bread Melon Wedge	<b>18</b> BBQ Pork Kaiser Roll German Potato Salad Red Cabbage Slaw Pickle Spear Chilled Apricots
<b>21</b> Roast Beef Spread on Whole Wheat Kidney Bean Salad Chips 🍊Orange Juice Fruited Yogurt	<b>22</b> Chicken Tetrizzini Buttered Corn Marinated Carrot Salad Biscuit Fresh Fruit	<b>23</b> Tuna Salad Tortilla Wrap Broccoli Florets Pretzels Cottage Cheese Peaches	<b>24</b> <b>Brunch for Lunch</b> Denver Omelet w/Cheese Sauce Sausage Links Breakfast Potatoes Mini Bagel Fresh Orange	<b>25</b> <b>🎄Christmas in July</b> Roast Turkey/Gravy Stuffing Green Bean Casserole Cranberry Juice Cherry Pie 🍎Fruit
<b>28</b> Vegetable Lasagna Italian Beans Diced Beets Garlic Breadstick Tropical Fruit Cocktail	<b>29</b> Pub Burger Multi-Grain Bun Potato Casserole Peas & Pearl Onions 🍇Cranberry Juice Yellow Delicious Apple	<b>30</b> Sauerbraten Parsley Potatoes Braised Cabbage Marble Rye Bread German Chocolate Cake 🍎Fruit	<b>31</b> Breaded Chicken on Whole Grain Bun Potato Wedges Broccoli Spears 🍏Apple Juice Mixed Berries	<b>Suggested Contribution</b> <b>\$3.00</b> <b>60+</b>   find us on facebook 🍎 = HEALTHIER DESSERT

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

# THE EASY WAY TO EAT HEALTHY



American Heart Association.

Healthy for Good™

**A healthy eating pattern is about making smart choices.**

The American Heart Association suggests these daily amounts.\*



## VEGETABLES

CANNED, DRIED,  
FRESH & FROZEN

2 1/2 CUPS EQUIVALENT



## FRUIT

CANNED, DRIED,  
FRESH & FROZEN

2 CUPS EQUIVALENT



## WHOLE GRAINS

BARLEY, BROWN RICE, SORGHUM,  
OATMEAL, POPCORN AND WHOLE  
WHEAT BREAD, CRACKERS & PASTA

6 OUNCE EQUIVALENT



## DAIRY

LOW FAT (1%) & FAT FREE

3 CUPS EQUIVALENT



## PROTEIN

EGGS, NON-FRIED FISH, LEAN  
MEATS, LEGUMES, NUTS,  
SKINLESS POULTRY & SEEDS

5 1/2 OUNCE EQUIVALENT



## OILS

POLYUNSATURATED,  
MONOUNSATURATED, CANOLA,  
OLIVE, PEANUT, SAFFLOWER &  
SESAME OIL

29 GRAMS (2 1/3 TBSP)

**Food should give you energy – Not weigh you down! With a few simple changes, you can make eating healthy your easiest habit.**



## LIMIT

sugary drinks, sweets,  
fatty meats & salty or  
highly processed foods



## AVOID

partially hydrogenated oils,  
tropical oils &  
excessive calories



## REPLACE

highly processed foods  
with homemade or  
less-processed options



## ENJOY

a variety of nutritious foods from  
all of the food groups, especially  
fruits & veggies



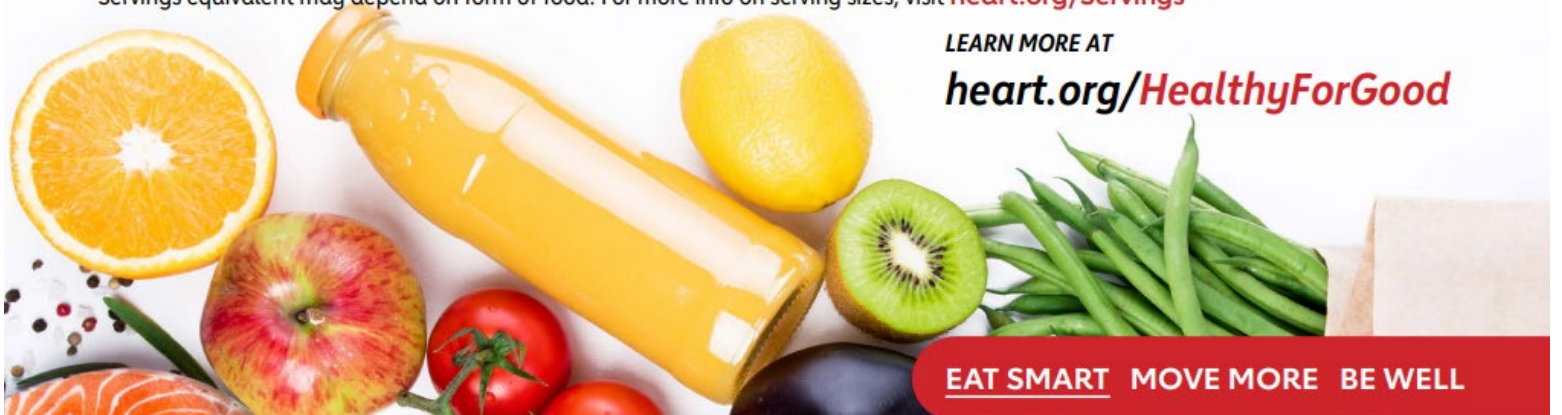
## KEEP

healthy habits even when you  
eat away from home

\*Servings are based on the 2020-2025 Dietary Guidelines for Americans for 2,000 calories/day. Your calorie needs may be different. Servings equivalent may depend on form of food. For more info on serving sizes, visit [heart.org/Servings](https://heart.org/Servings)

LEARN MORE AT

[heart.org/HealthyForGood](https://heart.org/HealthyForGood)



**EAT SMART MOVE MORE BE WELL**