

# MILWAUKEE COUNTY SENIOR DINING

**FRANKLIN**  
9229 W. LOOMIS ROAD

**(414)427-7696**

11:00 FOR IN-PERSON DINING

**JUNE**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Parmesan <b>2</b> Penne w/Red Sauce Sicilian Vegetables Italian Bread Brownie ❤️ Fresh Fruit	Fish Filet <b>3</b> Whole Wheat Bun Tater Tots Whole Kernel Corn Creamy Coleslaw Kiwi	Turkey BLT Salad <b>4</b> <i>Turkey, Bacon, Cheese</i> <i>Romaine, Tomato, Ranch</i> Sourdough Bread Red Delicious Apple Granola Bar	Roast Beef <b>5</b> Gravy Mashed Potatoes Green Bean Casserole Buttermilk Biscuit Grapes	Breakfast Taco <b>6</b> <i>Scrambled Eggs, Sausage</i> <i>Cheese, Onion, Tortilla</i> Breakfast Potatoes Stewed Tomatoes 🍷 Cranberry Juice Clementine
Hot Ham & Cheese <b>9</b> Kaiser Roll German Potato Salad Peas & Carrots Chilled Apricots Cereal Bar	Rosemary Chicken <b>10</b> Leg/Thigh Brown Rice Chef's Choice Vegetable Honey Wheat Bread Strawberries	Swedish Meatballs <b>11</b> Gravy Buttered Noodles Country Style Vegetables 7-Grain Bread Mixed Melon	Polish Sausage <b>12</b> Bun Sauerkraut Red Potatoes Baked Beans Banana Cream Pie ❤️ Banana	Lasagna <b>13</b> Italian Vegetables Spring Salad Garlic Breadstick Fruit Fluff
Chili-Stuffed <b>16</b> Baked Potato w/Shredded Cheddar Mixed Vegetables Cornbread 🍏 Apple Juice Tropical Fruit Cocktail	Beef Stroganoff <b>17</b> Buttered Noodles Broccoli Golden Wheat Bread 🍷 Cranberry Juice Oatmeal Raisin Cookie ❤️ Raisins	Chicken Caesar Salad <b>18</b> <i>Grilled Chicken, Romaine</i> <i>Cherry Tomatoes, Croutons</i> <i>Parmesan, Caesar Dressing</i> French Bread Cottage Cheese Peaches	<b>CLOSED</b> <b>19</b> 	Roast Turkey <b>20</b> Gravy Wild Rice Brussels Sprouts Dinner Roll Pudding ❤️ Fruit
Seafood Alfredo <b>23</b> w/Angel Hair Pasta Sautéed Spinach Dinner Roll Strawberry Applesauce Lorna Doone Cookies	Pizza Casserole <b>24</b> with Sausage Capri Vegetables Baked Cinnamon Apples Garlic Bread Fresh Orange	BBQ Pulled Pork <b>25</b> Sesame Bun Chef's Potatoes Broccoli Poppy Seed Salad String Cheese Fruited Yogurt	Chicken Burrito Bowl <b>26</b> w/Rice Mexican Corn Tortilla Chips Pineapple Blueberry Muffin	Cheeseburger <b>27</b> Whole Grain Bun Au Gratin Potatoes Southwest Vegetables Pickle Spear Cantaloupe
Turkey Salad <b>30</b> on Fresh Baked Roll Macaroni Coleslaw Pretzels 🍷 Fruit Punch Bartlett Pear	<div>  <div> <b>9:30 - 11:00 24-HOUR NOTICE</b>  <b>414-427-7696</b>                      ❤️ = HEALTHIER DESSERT                 </div> <div>                     find us on                      facebook                 </div> <div>                     Suggested Contribution  <b>\$3.00</b>                      60+                 </div>  </div>			

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

# MILWAUKEE COUNTY SENIOR DINING

## 5 Ways To Improve Your Bladder Health

### Do pelvic floor exercises.

Daily exercises can help strengthen your muscles and may help avoid infections.

### Drink enough fluids, especially water.

How much water you need may vary but try to drink enough fluids so that you need to urinate every few hours.

### Wear cotton underwear and loose-fitting clothing.

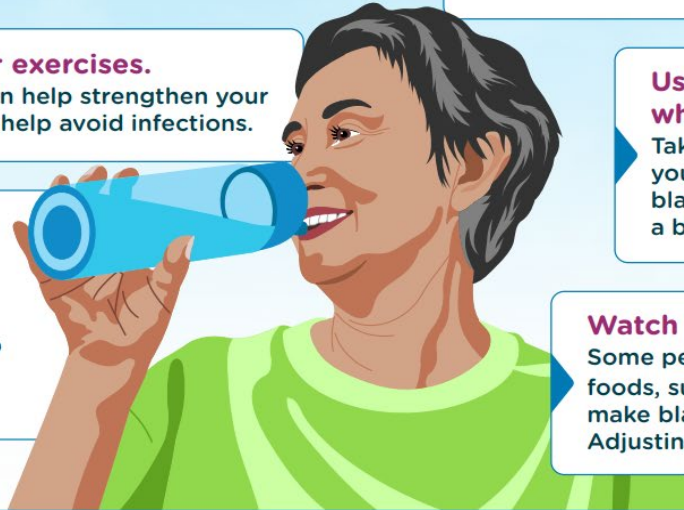
Tight-fitting pants and nylon underwear can trap moisture and help bacteria grow.

### Use the bathroom when needed.

Take the time to fully empty your bladder. If urine stays in the bladder for too long, it can make a bladder infection more likely.

### Watch what you eat.

Some people find that certain foods, such as spicy foods, make bladder problems worse. Adjusting your diet may help.



To learn more about bladder health, visit [www.nia.nih.gov/bladder-health](http://www.nia.nih.gov/bladder-health).



## Age-Related Forgetfulness or Signs of Dementia?

Many people can become more forgetful as they age. Learn the differences between age-related forgetfulness and signs of dementia.

### Age-related forgetfulness

- Making a bad decision once in a while
- Missing a monthly payment
- Forgetting which day it is and remembering later
- Sometimes forgetting which word to use
- Losing things from time to time



### Signs of dementia

- Making poor judgments and decisions a lot of the time
- Problems taking care of monthly bills
- Losing track of the date or time of year
- Trouble having a conversation
- Misplacing things often and being unable to find them

Talk with a doctor if you notice any changes in memory or thinking that concern you. Learn more at [www.nia.nih.gov/memory-and-aging](http://www.nia.nih.gov/memory-and-aging).



Alternate format upon request



Senior Dining Office: (414)289-6995



[SeniorDining@milwaukeecountywi.gov](mailto:SeniorDining@milwaukeecountywi.gov)