

MILWAUKEE COUNTY SENIOR DINING

FRANKLIN
9229 W. Loomis Road



(414) 427-7696

11:00 For In-Person Dining

JUNE



Monday	Tuesday	Wednesday	Thursday	Friday	
1 Sausage Pizza Casserole Capri Vegetables Baked Apples 🍇 Grape Juice Pudding 🍷 Fresh Fruit	2 Beef & Broccoli Garlic Rice Braised Cabbage 🍊 Orange Juice Peach Cobbler 🍷 Peaches	3 Chef's Salad <i>Turkey, Ham, Cheese</i> <i>Egg, Croutons, Ranch</i> French Bread Fruited Yogurt Tangerine	4 Turkey Salad on Fresh Baked Roll Chips Broccoli Florets 🍷 Fruit Punch Banana	5 Breakfast Taco <i>Eggs, Sausage, Cheese</i> <i>Tomato, Onion, Tortilla</i> Breakfast Potatoes 🍷 Cranberry Juice Fresh Fruit Cup	
8 Pork Chop Suey Rice Stir-Fried Vegetables Pineapple & Mandarin Baker's Choice Muffin	9 Stuffed Pepper Garlic Potatoes Italian Vegetables Cornbread Fresh Apple	10 Crab Pasta Salad Spring Salad Mix Raw Carrots Fresh Plum Oreos 🍷 Fruit	11 Hot Dog/Bun Oven Fries Baked Beans Pea & Cheese Salad Rice Krispie Treat 🍷 Fresh Fruit	12 Meatballs & Gravy Mashed Potatoes Succotash 🍏 Apple Juice Baker's Choice Bar 🍷 Fruit	
15 Chicken Parmesan Penne w/Sauce Sicilian Vegetables 🍊 Orange Juice Brownie 🍷 Fresh Fruit	16 Fish Filet Whole Grain Bun Au Gratin Potatoes Broccoli & Cauliflower Creamy Coleslaw Fresh Pear	17 Chicken Gyro Salad <i>Chicken, Tomato, Onion</i> <i>Lettuce, Tzatziki</i> Whole Grain Bread Fruited Jello Cantaloupe	18 Enchilada Casserole Spanish Rice Southwest Vegetables 🍏 Apple Juice Baker's Choice 🍷 Fresh Fruit	19 CLOSED JUNETEENTH FREEDOM DAY	
22 Roast Turkey Gravy Stuffing Green Bean Casserole Cranberry Sauce Fresh Orange	23 Meatloaf & Gravy Red Potatoes Creamed Spinach Fruit Compote Cookie 🍷 Fresh Fruit	24 Asian Chicken Salad <i>Greens, Chicken, Almonds</i> <i>Mandarins, Crispy Noodles</i> Hawaiian Dinner Roll 🍷 Juice Fresh Peach/Nectarine	25 Seafood Alfredo with Pasta Brussels Sprouts 🍇 Grape Juice Tropical Fruit Cocktail Graham Crackers	26 Egg Salad Whole Grain Bread Chips Baby Carrots Mixed Berries Granola Bar	
29 Sloppy Joe Oven-Fried Potatoes Peas Fruited Jello Clementine/Cutie	30 Pork Riblet Mac & Cheese Country Vegetables 🍷 Cranberry Juice Melon	<p>Reservations Required</p>			🍷 = Healthier Dessert <p>* Menu subject to change without notice</p>
				Suggested Contribution <p>\$3.00</p>	

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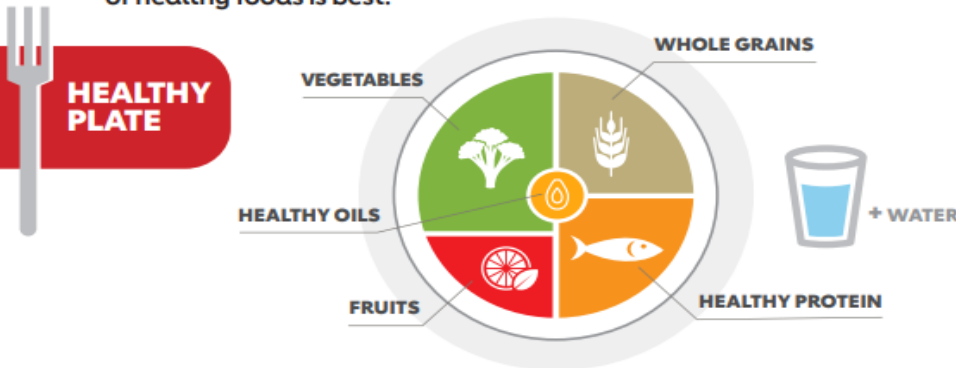
American Heart Association.
Healthy for Good™



HOW TO EAT BETTER

✓ CREATE A HEALTHY EATING PATTERN

Eat well-balanced meals throughout the day to keep your heart and brain working at their best. Don't worry about "special foods" – a variety of healthy foods is best.



ENJOY

vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins (like beans, lentils, nuts), lean animal proteins (like skinless poultry, fish, seafood, low-fat dairy). Drink plenty of water throughout the day, and unsweetened tea and coffee can also be enjoyed.

LIMIT

sweetened drinks and alcohol. Eat less salty food, fatty foods, and processed meats. Limit foods like butter, whole milk, full-fat yogurt, and cheese. Take the skin off poultry before cooking. Use plant-based oils, such as olive, canola, or avocado oil, instead of oils like coconut or palm oil.

AVOID

trans fats. Trans fats are found in some store-bought baked goods and fried foods.

✓ READ NUTRITION LABELS

Nutrition Facts	
3 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	

Understanding food labels can help you make healthier choices.

When you have more than one choice, compare nutrition facts. Foods with **less** sodium, bad fats (saturated and trans fats), and added sugars are better for you.

Learn more at heart.org/lifes8

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TIPS FOR SUCCESS



WATCH PORTIONS

Make room for healthy portions of different food groups in your meals and snacks.



COOK AT HOME

Cooking at home can be more nutritious than eating out. Fresh, frozen or canned fruits and vegetables are all great options. If they are canned or frozen make sure they don't have added sugars or salt. Learn healthy prep methods at heart.org/eatsmart.



LOOK FOR THE HEART-CHECK

The Heart-Check mark helps you find foods that can be part of a healthy eating plan.



IN NEED OF INSPIRATION?

The American Heart Association has hundreds of recipes at heart.org/recipes.