

MILWAUKEE COUNTY SENIOR DINING

FRANKLIN

9229 W. LOOMIS ROAD



(414) 427-7696

11:00 FOR IN-PERSON DINING



MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pork Chop Suey Brown Rice Asian Vegetables Fruited Jello Fresh Orange	2 Shredded Chicken Whole Grain Bun Baby Baker Potatoes Peas & Carrots Mixed Fruit Cup	3 Big Mac Casserole Sweet Corn Warm Spiced Pears Orange Juice Rice Krispie Treat Fruit	4 Spaghetti Meat Sauce Roasted Cauliflower Steamed Spinach Garlic Bread Ambrosia	5 Breaded Fish Bun Au Gratin Potatoes Chef's Vegetables Rainbow Slaw Tangerine
Hot Sliced Turkey/Bun Mashed Potatoes/Gravy Brussels Sprouts Cran-Apple Juice Baker's Choice Fruit	9 Stuffed Cabbage Roll Tomato Sauce Mashed Potatoes Whole Grain Bread Yellow Apple	10 Chicken Gyro Salad Tomato, Onion, Cucumber Mixed Greens, Tzatziki French Bread Mandarin Oranges	11 Hot Sliced Ham Kaiser Roll Dilly Potatoes Crinkle Carrots Tropical Fruit Cocktail	12 13 Veggie Pizza Casserole Parmesan Green Beans Maple Peaches Fruited Yogurt Oreos Fruit
Cheesy Rotini & Ham Country Vegetables Warm Spiced Apples Dinner Roll Fresh Pear	16 Irish Stew Red Potatoes Braised Cabbage Strawberry Applesauce Pistachio Pudding Fruit	17 Bratwurst Bun Scalloped Potatoes Baked Beans Carrot Raisin Salad Seasonal Fruit	18 Baked Chicken Brown Rice Blend Seasoned Red Beans Coleslaw Peaches	19 20 Egg Salad on Marble Rye Bread Veggie Pasta Salad Baby Carrots Banana
Meatloaf & Gravy Mashed Potatoes Stewed Tomatoes w/Peppers & Onions 7- Grain Bread Grapes & Fruit Mix	23 Pork Riblet Macaroni & Cheese Bahama Vegetables Cabbage Slaw Fruit	24 Chef's Salad Turkey, Ham, Cheese Egg, Tomato, Dressing Dinner Roll Apple Juice Peaches	25 Turkey Salad/Bun Broccoli Florets Kidney Bean Salad Apple Baker's Choice Fruit	26 27 Pasta Primavera Alfredo Sauce Sautéed Spinach Tossed Salad Fruited Yogurt Clementine
Breaded Chicken Bun Potato Casserole Southwest Vegetables Chilled Pears	30 Turkey Tetrazzini Green Beans Biscuit Marinated Vegetables Fruit Cup	31 Reservations Required	 ! = Healthier Dessert <small>* Menu subject to change without notice</small>	Suggested Contribution 60+ \$3.00

Physical Wellness Checklist

Positive physical health habits can help decrease your stress, lower your risk of disease, and increase your energy. Here are tips for improving your physical health:



EAT A HEALTHY DIET

We make dozens of decisions every day. When it comes to deciding what to eat and feed our families, it can be a lot easier than you might think to make smart choices. A healthy eating plan not only limits unhealthy foods, but also includes a variety of healthy foods. Find out which foods to add to your diet and which to avoid.

TO EAT A HEALTHIER DIET:

- Eat a variety of foods**—vegetables, fruits, whole grains, beans, nuts, seeds, lean meat, seafood, eggs, milk, yogurt, and cheese.
- Cut back on sodium.** Limit foods that are low in vitamins and minerals.
- Cut down on sugar.** Pick food with little or no added sugar. Choose packaged foods with less total sugar.
- Get more fiber.** Increase your fiber intake gradually, so your body can get used to it.
- Replace saturated fats in your diet with unsaturated fats.** Use olive, canola, or other vegetable oils instead of butter, meat fats, or shortening.
- Choose more complex carbs.** Eat more complex carbs, like starches and fiber. These are found in whole-grain breads, cereals, starchy vegetables, and legumes.
- Watch out for foods high in salt.** Choose foods with less than 5% of the Daily Value of sodium per serving. Rinse canned foods.