

MILWAUKEE COUNTY SENIOR DINING

FRANKLIN

9229 W. LOOMIS ROAD
FOR CARRY-OUT



MILWAUKEE COUNTY
Department on Aging

MAY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Egg Salad 3 7-Grain Bread Broccoli Carrot Raisin Salad Fruit Cocktail Blueberry Muffin	Shaved Ham 4 w/Mustard Kaiser Roll Potato Salad Asian Slaw Jello Pineapple	Turkey BLT Salad 5 <i>Chopped Turkey, Bacon, Lettuce, Tomato, Ranch</i> Split-Top Dinner Roll Pistachio Pudding Cake Fresh Pear	Chicken Salad 6 Wheat Bread Black Bean Salad 🍊 Orange Juice Snickerdoodle Cookie Fruit	Roast Beef w/Mayo 7 Whole Grain Bread Creamy Coleslaw 🍏 Apple Cherry Juice Rice Krispie Treat Banana
Sliced Turkey 10 w/Mayo Whole Grain Bun Cucumber Salad Chips Peaches Fruited Yogurt	Tuna Salad 11 Multi-Grain Bread 3-Bean Salad Baby Carrots Grapes Brownie	Chef's Salad 12 <i>Mixed Greens, Ham, Turkey, Cheese, Egg, Tomato, Croutons, Ranch</i> French Bread Fresh Fruit Cup Granola Bar	Roast Beef Spread 13 w/Mayo & Horseradish Whole Wheat Roll Veggie Pasta Salad String Cheese Mandarin Oranges M & M Cookie	Chopped Fajita Salad 14 <i>Chicken, Lettuce, Olives, Green Peppers, Tomato, Ranch Dressing</i> 🍹 Fruit Punch Cornbread Strawberry Yogurt
Chicken Salad 17 Whole Grain Bread Kidney Bean Salad Grape Tomatoes Cottage Cheese Oatmeal Raisin Cookie	Shaved Turkey w/Mayo 18 Italian Bread Pea & Cheese Salad Pickle Spear Graham Crackers Fresh Pear	Roast Beef Salad 19 <i>Roast Beef, Egg, Lettuce, Onion, Carrot, Dressing</i> Multi-Grain Bread Baker's Choice Cookie Fresh Apple	Egg Salad 20 Oatmeal Bread Garden Salad/Dressing Pickled Beets Pretzels Cinnamon Applesauce	Seafood Pasta Salad 21 Garlic Breadstick Marinated Vegetables 🍊 Orange Juice Vanilla Pudding Fresh Fruit
Ham & Swiss 24 w/Mayo Italian Bread Red Cabbage Slaw Fresh Orange Lemon Meringue Pie	Turkey & Cheddar 25 Submarine Sandwich Potato Salad Broccoli Slaw Sliced Pears Peanut Butter Bar	Chicken Caesar Salad 26 <i>Chicken, Romaine, Tomato, Croutons, Parmesan, Dressing</i> Poppy Seed Dinner Roll Pineapple Tidbits Chocolate Pudding	Tuna Salad 27 on Leaf Lettuce Tomato Slices, Cucumber Croissant Sun Chips Melon Wedge	Tuscan Tortellini Salad 28 <i>Cheese Tortellini, Salami, Pepperoni, Spinach, Olives, Mozzarella, Parmesan</i> Sesame Bread Marinated Bean Salad Chocolate Chip Cookie



RESERVATIONS REQUIRED

9:30 - 11:30 24-HOUR NOTICE



427-7696

60+ Suggested Contribution **\$3.00**



OLDER AMERICANS MONTH



COMMUNITIES OF STRENGTH: MAY 2021



Communities of Strength

In tough times, communities find strength in people—and people find strength in their communities. In the past year, we've seen this time and again in Milwaukee County, as friends, neighbors, and businesses have found new ways to support each other.

In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is *Communities of Strength*, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too.

This year, we will celebrate OAM by encouraging community members to share their experiences. Together, we can find strength—and create a stronger future.



LOOK FOR JOY IN THE EVERYDAY

Celebrate small moments and ordinary pleasures by taking the time to recognize them.

- Start a gratitude journal
- Share a happy moment with someone
- Say Thank You



REACH OUT TO NEIGHBORS

Creating and maintaining neighborly connections keeps us safe and strengthens our communities.

- Leave a small gift on doorstep
- Offer to help with chores
- Share flowers or veggies from your garden



BUILD NEW SKILLS

★ Have a skill you are willing to share? Reach out to teach others!

Learning a new skill exercises the brain, improves mood and can foster new relationships.

- Take an online art class
- Join an outdoor yoga lesson
- Learn to identify constellations



SHARE YOUR STORY

Recognize the value of storytelling & contribute your experience to this time-honored tradition.

- Ask others to share their story
- Initiate conversations that invite others to engage

Ask the Dietitian

MILWAUKEE COUNTY SENIOR DINING

Gaylyn Reske RDN, CD

Call to Submit Questions or Schedule a Consultation.

(414) 289-6995

While there is no charge for our Senior Diners, Contributions are always welcome.



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