

MILWAUKEE COUNTY SENIOR DINING

FRANKLIN

9229 W. LOOMIS ROAD

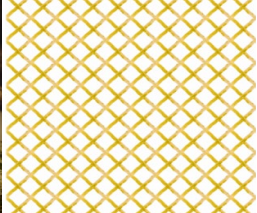


(414) 427-7696

11:00 FOR IN-PERSON DINING

NOVEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Asian Chicken Bowl 3 Rice Chef's Vegetables 🍇 Grape Juice Fortune Cookie	ELECTION DAY 4  CLOSED ANNUAL STAFF TRAINING	Roast Pork 5 Apricot Sauce Mashed Potatoes Peas Dinner Roll Pineapple Tidbits	Big Mac Casserole 6 Cauliflower Cinnamon Apples 7-Grain Bread Cookie ❤️ Fruit	Seafood Alfredo 7 Fettucine Noodles Green Beans Broccoli Mixed Fruit Cup
Chili Macaroni 10 Cornbread Steamed Spinach Jello Grapes	Turkey à la King 11 Texas Toast Whole Kernel Corn Fruit Cobbler ❤️ Fruit	Chicken Caesar Salad 12 <i>Chicken, Romaine, Croutons</i> <i>Parmesan, Caesar Dressing</i> French Bread Baby Carrots Red Apple	Meatball Stroganoff 13 Egg Noodles Country Vegetables Coleslaw Fruit Medley	Breakfast Skillet 14 <i>Eggs, Potatoes, Cheese</i> Sautéed Vegetables Peaches 🍊 Orange Juice Blueberry Muffin
Philly Chicken 17 Bun Parsley Potatoes Corn Pudding ❤️ Fruit	Boneless Pork Rib 18 Gravy Baby Potatoes Glazed Carrots Hawaiian Dinner Roll Tropical Fruit Cocktail	Rosemary Chicken 19 Penne Pasta Steamed Vegetables 3-Bean Salad Orange	Turkey Burger 20 Bun Lettuce & Onion Oven Fries Stewed Tomatoes Rosy Pears	Creole Baked Fish 21 Rice Pilaf Seasoned Red Beans Coleslaw Applesauce
24 Ham & Cheese Multigrain Bread Potato Salad Carrot Raisin Salad Granny Smith Apple	25 Pizza Casserole Beets Spiced Peaches Banana	26 Roast Turkey & Gravy Stuffing Brussels Sprouts 🍷 Cran-Apple Juice Pumpkin Dessert ❤️ Fruit	27 CLOSED 	28 CLOSED 



* Menu subject to change without notice

➡ **PLEASE CALL SITE**

❤️ = Healthier Dessert



Suggested Contribution

 **60+**

\$3.00

WebMD

Health Benefits of

POTATOES



PROTEIN

Builds & repairs tissue such as muscle



VITAMIN B6

Helps metabolism and immune system health



VITAMIN C

Can boost your immune system



FOLATE

Supports brain health



MAGNESIUM

Helps process sugar in your blood



POTASSIUM

Crucial for heart, muscles, nerves, and more



CALCIUM

Keeps bones strong



SOURCES: Cleveland Clinic. Federation of American Societies for Experimental Biology. Oxford Journal Nutrition Reviews. Oregon State University Micronutrient Information Center. National Institutes of Health. Annals of Medicine.