

MILWAUKEE COUNTY SENIOR DINING

FRANKLIN

9229 W. Loomis Road



(414) 427-7696

11:00 For In-Person Dining



NOVEMBER



Monday	Tuesday	Wednesday	Thursday	Friday
2 Spaghetti Meat Sauce Green & Wax Beans Pea & Cheese Salad Strawberry Applesauce	ELECTION DAY 3 Cheesy Rice & Ham Brussels Sprouts Diced Beets 3-Bean Salad Brownie ❤️ Fruit	4 Asian Chicken Salad <i>Greens, Chicken, Almonds</i> <i>Mandarin, Crispy Noodles</i> Sourdough Bread Jello Banana	5 Chicken Chili Southwest Vegetables Corn O'Brien Tortilla Chips Melon Cup	6 Baked Fish Parsley Potatoes Glazed Carrots Dinner Roll Mixed Berries
9 Grilled Chicken Kaiser Roll Potato Wedges Baked Beans Ambrosia	10 Breakfast Skillet <i>Egg, Sausage, Potato, Cheese</i> Sautéed Mushrooms Spiced Peaches 🍊 Orange Juice Blueberry Muffin	11 Pork Stir-Fry Veggie Fried Rice Wisconsin Vegetables Grapes Fortune Cookie	12 Seafood Alfredo Penne Pasta Vegetable du Jour Tossed Salad Croutons Seasonal Fruit	13 Italian Sausage Bun <i>Sautéed Peppers & Onions</i> Baby Baker Potatoes Capri Vegetables Orange
16 Baked Ham Potato Casserole Sautéed Spinach Whole Grain Bread Pineapple	17 Meatball Stroganoff Buttered Egg Noodles Garden Vegetables Carrot Raisin Salad Red Delicious Apple	18 Taco Joe/Bun Skillet Potatoes Mexi-Corn Tropical Fruit Pudding ❤️ Fruit	19 Smothered Chicken Rice Pilaf Calico Beans 🍏 Apple Juice Mandarin Oranges	20 Beef Stew Baked Potato Braised Cabbage Peaches Fruited Bread/Muffin
23 Big Mac Casserole Country Vegetables Warm Fruit Compote Dinner Roll Fresh Fruit	24 BBQ Pork Riblet Sweet Potatoes Roasted Cauliflower Hawaiian Dinner Roll Applesauce	25 Roast Turkey/Gravy Mashed Potatoes Green Bean Casserole 🍷 Cranberry Juice Pumpkin Dessert ❤️ Fruit	CLOSED 26 	CLOSED 27
30 Cheesy Tuna Bake Steamed Broccoli Winter Squash Biscuit Clementine				Suggested Contribution 60+ \$ 3.00

* Menu subject to change without notice

find us on **facebook**



= Healthier Dessert

EAT MORE COLOR

BLUE & PURPLE

blackberries	grapes
blueberries	plums
black currants	prunes
dates	purple figs
eggplants	raisins

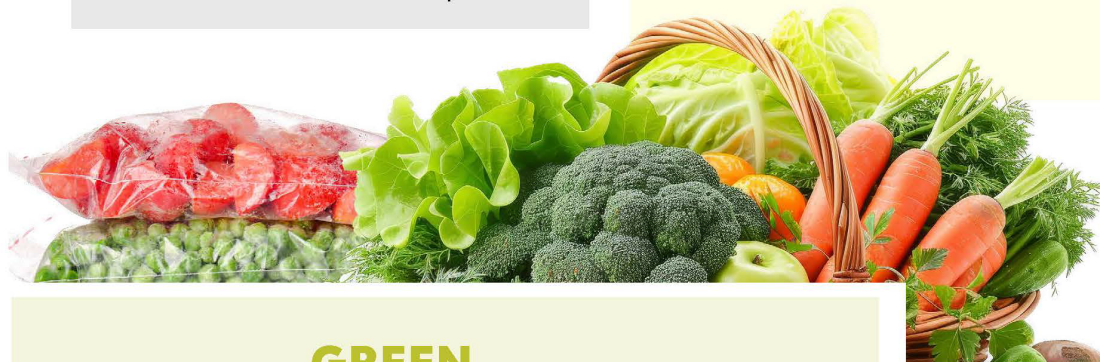
The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. All forms of fruits and vegetables (fresh, frozen, canned and dried) can be part of a heart-healthy diet. Choose types without added salt and sugar.

WHITE

bananas	mushrooms
cauliflower	onions
daikon	potatoes
garlic	parsnips
Jerusalem artichoke	shallots
jicama	taro
lotus root	turnips

ORANGE & YELLOW

acorn squash	nectarines	pumpkins
apricots	oranges	summer squash
butternut squash	orange peppers	sweet potatoes
cantaloupes	papayas	tangerines
carrots	passionfruit	yams
corn	peaches	yellow apples
lemons	pineapples	yellow grapefruits
mangoes	plantains	yellow peppers
		yellow squash



GREEN

artichokes	green cabbage	okra
asparagus	green grapes	pears
avocados	green onions	peas
bok choy	green peppers	romaine lettuce
broccoli	kale	snow peas
Brussels sprouts	kiwis	spinach
celery	leeks	sugar snap peas
collard greens	limes	tomatillo
cucumbers	mustard greens	watercress
green beans	nopales	zucchini

RED & PINK

beets	red apples
cherries	red grapes
cranberries	red peppers
guava	red potatoes
pink grapefruit	rhubarbs
pomegranates	strawberries
radicchio	tomatoes
red radishes	watermelons

EAT SMART. LIVE MORE. BE WELL.

heart.org/HealthyForGood