

# MILWAUKEE COUNTY SENIOR DINING

## FRANKLIN

9229 W. LOOMIS ROAD

 **(414)427-7696**

11:00 FOR IN-PERSON DINING

# SEPTEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CLOSED</b> 1	Hot Dog 2 Bun Scalloped Potatoes Baked Beans Pickle Spear Brownie 🍷 Applesauce	Chef's Salad 3 <i>Ham, Turkey, Cheese</i> <i>Hard-Boiled Egg, Dressing</i> Italian Bread Fruited Yogurt Fresh Fruit	Roast Beef & Swiss 4 on Bun Potato Wedges Succotash 🍏 Apple Juice Watermelon	Smothered Chicken 5 Mashed Potatoes Gravy Wisconsin Vegetables Cornbread Mixed Berries
 <b>LABOR DAY</b>				
Shredded Turkey 8 Whole Wheat Bun Wild Rice Garden Vegetables 🍷 Cranberry Juice Pineapple	Meatloaf 9 Gravy Egg Noodles Sautéed Spinach Buttermilk Biscuit Fresh Pear	Tuna Salad 10 Kaiser Roll Marinated Beans Baby Carrots Sun Chips Pudding 🍷 Fruit	BBQ Chicken 11 Thigh Sweet Potatoes Southwest Vegetables 7-Grain Bread Jell-O	Baked Cheesy Rotini 12 with Ham Steamed Broccoli Biscuit 🍷 Fruit Punch Melon Cup
Spaghetti & Meatballs 15 Italian Vegetables Crusty Bread 🍷 Juice Snickerdoodle Cookie 🍷 Fruit	Pulled Pork 16 Kaiser Roll Mac & Cheese Cauliflower Florets Red Cabbage Slaw Banana	Chicken Caesar Salad 17 <i>Grilled Chicken, Romaine</i> <i>Tomatoes, Parmesan</i> <i>Croutons, Caesar Dressing</i> French Bread Cottage Cheese Peaches	Stuffed Green Pepper 18 w/Tomato Sauce Buttered Rice Chef's Vegetables Whole Grain Bread Fruit Fluff	Filet of Fish 19 Sesame Bun Au Gratin Potatoes Calico Beans Rainbow Slaw Yellow Delicious Apple
Chicken Parmesan 22 Penne with Marinara Sicilian Vegetables Italian Bread Grapes	Swedish Meatballs 23 Gravy Mashed Potatoes Peas Dinner Roll Fruit Cocktail	Taco Salad 24 <i>Taco Meat, Cheese</i> <i>Tomatoes, Onions</i> <i>Lettuce, Dressing</i> Tortilla Chips Fresh Orange Granola Bar	Seafood Alfredo 25 Angel Hair Pasta Green Beans Garlic Breadstick 🍊 Orange Juice Apple Pie 🍷 Apple	Turkey Salad Wrap 26 Carrot Raisin Salad Grape Tomatoes Pretzels Creamy Fruit Salad
29	<b>Brunch for Lunch</b> 30 Scrambled Eggs Sausage Patty Hashbrowns Roll/Muffin Melon	 <b>RESERVATIONS REQUIRED</b> <b>PLEASE CALL</b> <b>414.427.7696</b>		
Baked Ham Pineapple Rice Brussels Sprouts Rye Bread Tropical Fruit Cocktail		 find us on facebook  <p>Suggested Contribution <b>\$3.00</b> 60+</p>		
		 = HEALTHIER DESSERT		

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## TIPS to help you stay **motivated** to **exercise**

Being physically active is one of the most important things you can do each day to maintain and improve your health and keep doing things you enjoy as you age. Make exercise a priority with the following tips:



1

**Find ways to fit exercise into your day.** You are more likely to get moving if exercise is a convenient part of your day.



2

**Do activities you enjoy to make it more fun.** Be creative and try something new!



3

**Make it social.** Find a virtual "exercise buddy" to help keep you going and provide emotional support.



4

**If there's a break in your routine, get back on track.** Start slowly and gradually build back up to your previous level of activity. Ask your family and friends for support.



5

**Keep track of your progress.** Make an exercise plan and don't forget to reward yourself when you reach your goals.

Visit [www.nia.nih.gov/exercise](http://www.nia.nih.gov/exercise) to learn more.

