

**Aging and Disability Resource Center of Waukesha County**  
**Senior Dining and Home Delivered Meals Menu February 2026**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Cincinnati Chili over Spaghetti, Topped w/ Cheddar Cheese Steamed Broccoli Peach Half Wheat Roll Chocolate Mousse Alt: Diet Pudding	Scalloped Potatoes with Diced Ham Mixed Veggies Clementine/Cutie Whole Wheat Bread Frosted Banana Cake Alt: Diet Jello	Roast Turkey in gravy Diced Butternut Squash Red Cabbage Multigrain Bread Fruit Compote	Cowboy Casserole Sour Cream Zucchini Blend Veggies Mexican Coleslaw Dinner Roll Strawberry Applesauce Chocolate Milk	Chicken & Broccoli Alfredo Bake Glazed Carrots Mixed Greens Salad with tomatoes & dressing Fruit Cocktail Vanilla Pudding Alt: Diet Pudding
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Lasagna Rollup with Meat sauce Italian Beans Strawberry Spinach Salad with Vinegarette dressing Breadstick Pineapple	Chicken Breast in wine sauce with mushrooms Sour Cream & Chive Mashed Potatoes Harvard Beets Multigrain Bread Fresh Pear	Hearty Sausage and Lentil Stew Buttered Red Potatoes Country Mix Veggies Seasonal Fresh Fruit Sourdough Bread Peanut Butter Cookie Alt: Diet Cookie	Ham Macaroni Salad Broccoli Salad Grape Tomatoes Peach Half Lemon bar Alt: Diet Jello	<b>Happy Valentines Day</b> Roast Pork w/ Thyme and Mushroom Gravy Garlic Mashed Potatoes Dilled Carrots Tropical Fruit Cup Mini French Roll Frosted Valentine Cake
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Vegetable Barley Soup Shredded BBQ Chicken on a Whole Wheat Bun Dilled Potato Salad Hot Cinnamon Apples Chocolate Milk	<b>Fat Tuesday</b> Chicken & Sausage Jambalaya Honey Glazed Carrots Black Eyed Pea Salad Pear Half Biscuit Paczki	Hot Tuna Noodle Casserole Seasoned Green Beans Marinated Veggie Salad Applesauce Marble Rye Bread Snickerdoodle Cookie Alt: Diet Cookie	Meatballs in Mushroom & Onion Gravy Yukon Gold Mashed Potatoes Buttered Corn Whole Wheat Bread Mandarin Oranges	Cabbage Roll Hashbrown Casserole Tomato & Onion Salad Multigrain Bread Peaches
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Chicken and Dumplings Seasoned Spinach Mixed Vegetables Mixed Fruit Cup Whole Wheat Bread Boston Cream Pie Alt: Diet Pudding	Sweet Potato Chili Oyster Crackers Sloppy Joe on a Bun Green Beans Seasonal Fresh Fruit Blueberry Muffin	Beef Stroganoff over Noodles Peas & Carrots Creamy Cucumber Salad Peach Half	Lemon Rosemary Chicken Quarters Buttered Red Potatoes Sour Cream Corn & Zucchini Salad Apple Raisin Salad Multigrain Bread Butterscotch Pudding Alt: Diet Pudding	Vegetable Alredo with Pasta Yellow Beans Romaine Lettuce Salad with Italian Dressing Seasonal Fresh Fruit Wheat Roll Chocolate Ice Cream Cup
				

## Senior Dining and Home Delivered Meals Menu March 2026

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Smothered Pork Loin Cubed Sweet Potatoes Maui Vegetable Blend 9-Grain Bread Citrus Fruit Cup Chocolate Milk	Pub Burger with Mushrooms & Swiss on a Bun Ketchup/Mustard Ranch Wedges Beet & Onion Salad Kiwi	Chicken Fajita Pasta Carrot Coins Jicama with Ranch Dressing Tropical Fruit Cup Butterscotch Brownie Alt: Diet Jello	Ham and Bean Soup Macaroni & Cheese Stewed Tomatoes Peach Half Dinner Roll Banana Pudding Alt: Diet Pudding	Creamy Turkey & Rice Casserole Buttered Corn Mixed Greens Salad with Kale & Peppercorn dressing Mandarin Oranges Strawberry Ice Cream
9	10	11	12	13
Barbecue Meatballs American Potatoes Ketchup packet Three Bean Salad Fruit Cocktail Cornbread Muffin Vanilla Pudding Alt: Diet Pudding	Pork Chop Suey over Brown Rice Soy Sauce Japanese Blend Veggies Pineapple Tidbits Zucchini Bread Chocolate Milk	Italian Sausage with Marinara, Onions & Peppers on a Bun Au Gratin Potatoes Italian Blend Veggies Peach Half	Roast Turkey Mashed Potatoes with gravy Red Cabbage Green Grapes Multigrain Bread Peanut Butter Cookie Alt: Diet Cookie	Seafood Pasta Salad Carrot Raisin Salad Sliced Cucumbers with Ranch French Roll Seasonal Fresh Fruit
<b>PLEASE NOTE: MENU SUBJECT TO CHANGE WITHOUT NOTICE</b> 1% milk included      ALT= Lower Sugar Alternative <b>ALLERGY STATEMENT:</b> Menu items may contain or come into contact with milk, eggs, fish, tree nuts, peanuts, wheat, sesame and/or soy.				
<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p><b>Reservations for in-person dining are required at least ONE BUSINESS DAY in advance.</b></p> <p>To make a reservation, or to cancel a meal, please call your dining center no later than 11:00 am, Mon.-Fri.</p> <p>For home-delivered meal inquiries, please call our main office at 262-548-7826</p> <p>Visit our website at: <a href="http://www.waukeshacounty.gov">www.waukeshacounty.gov</a></p> <p><b>BROOKFIELD</b> Brookfield Community Center 2000 North Calhoun Rd (262) 782-1636 OPEN: Mon - Friday</p> <p><b><u>MEMOMONEE FALLS</u></b> Memomonee Falls Community Center W152 N8645 Margaret (262) 251-3406 OPEN: Mon - Friday</p> <p><b><u>MUKWONAGO</u></b> Birch rock Senior Aptes 280 Birch Rock Way (262) 363-4458 OPEN: Mon-Thursday</p> </div> <div style="width: 45%; text-align: right;"> <div style="border: 1px solid black; padding: 5px; display: inline-block;"><b>OVER</b></div> </div> </div>				

# Is Chocolate Really Healthy?

Dark chocolate is one of life’s most decadent treats. No matter how you enjoy it — as a candy bar, in a hot drink, or drizzled over ice cream — dark chocolate brings joy. Made from the seed of the cacao tree, it’s one of the best sources of antioxidants. But is dark chocolate good for you?

The short answer? It can be. In addition to being a better option than milk or white chocolate, you may get the following benefits from dark chocolate:

- 1. **May protect your heart-** Dark chocolate contains two to three times more flavanol-rich cacao solids as compared to milk chocolate. And flavanols may be a huge health benefit for you by working to relax your blood vessels and improves blood flow which may lower blood pressure — though more studies are needed. Another way dark chocolate may help your heart health?- Research shows that it may help lower your LDL “bad” cholesterol and may increase your HDL “good” cholesterol!
- 2. **May improve brain function-** If you are looking to improve your attention and memory, as well as your ability to learn, dark chocolate (and those flavanols mentioned above) just might help.
- 3. **May protect your skin from sun damage-** Those amazing flavanols may also improve blood flow to your skin and protect it from sun damage. Some studies found that eating dark chocolate may protect your skin from the effects of ultraviolet rays.
- 4. **May enhance your mood-** If you feel better after eating dark chocolate, there’s a scientific reason for that. Sark Chocolate has long been associated with feelings of enjoyment. In fact, research shows that participants who ate 85% dark chocolate daily maintained better overall mood than others who ate chocolate with less cocoa content or no chocolate at all.

## How do I choose a healthier dark chocolate?

- **Opt for a higher percentage.** The percentage of cocoa solids can affect the magnitude of dark chocolate’s benefits. The higher percentage of cacao solids, the more flavonoids and the lower sugar.
- **Prepare for the taste.** Because of its strong flavor, dark chocolate is admittedly an acquired taste. Start by having 50% dark chocolate and then move up to 65% and continue to work your way up.

**Bottom line: Is dark chocolate healthy?** As with any sweet treat, moderation is key. Pound for pound it is a high calorie food and definitely something to enjoy in moderation. Dark chocolate is also best savored slowly — a little goes a long way.

Reservations for in-person dining are required at least **ONE BUSINESS DAY** in advance.

To make a dining reservation, or to cancel a meal, please call your dining center no later than 11:00 AM Mon.-Fri.

For home-delivered meal inquiries, please call our main office at 262-548-7828

Visit our website at: [www.waukeshecounity.gov](http://www.waukeshecounity.gov)

**NEW BERLIN**  
Our Lords Methodist  
5000 Sunny Slope Rd  
(414) 529-8320

**SUSSEX**  
Sussex Civic Center  
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