



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

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			New Years Holiday No Meals Served	Garlic Ground Beef Lo Mein with soy sauce Caribbean Blend Veggies Grape Tomatoes Tropical Fruit Cup Butterscotch Pudding Alt: Diet Pudding
5	6	7	8	9
Tex-Mex Chicken and Rice Bake Crinkle Cut Carrots Texas Caviar Seasonal Fresh Fruit Peanut Butter Cookie Alt: Diet Cookie	Meat Lasagna Two-tone Beans Strawberry Spinach Salad with Vinegarette dressing Breadstick Pear Half	Brat on a Bun with Sauerkraut Ketchup/Mustard Red Potatoes with onions & peppers Baked Beans Apple Crisp Alt: Applesauce	Turkey Tetrazzini Maui Vegetable Blend Creamy Cucumber Salad Biscuit Seasonal Fresh Fruit Chocolate Milk	Mediterranean White Bean Soup/Crackers Sweet & Sour Meatballs Tomato & Onion Salad Mixed Fruit Cup Wheat Dinner Roll Frosted Cake Alt: Diet Pudding
12	13	14	15	16
Meatball Stroganoff over Noodles Brussel Sprouts Corn & Edamame Salad Mandarin Oranges Chocolate Pudding Alt: Diet Pudding	Denver Omelet Sausage Patty Hashbrown Potatoes Ketchup packet Cinnamon Raisin Bagel Butter & Jelly Banana	Broccoli Cheese Soup with Crackers BBQ Chicken on a Wheat Bun Creamy Coleslaw Seasonal Fresh Fruit Oatmeal Raisin Cookie Alt: Diet Cookie	Vegetable Lasagna Seasoned Spinach Baby Carrots with Ranch Grapes Italian Bread Ice Cream Sundae Cup	Tuna Pasta Salad Tomato & Onion Salad Creamy Dill Cucumber Salad Wheat Dinner Roll Chilled Apricots Chocolate Milk
19	20	21	22	23
Martin Luther King Jr Day No Meals Today	BLT Smothered Chicken Sweet Potatoes Green Beans Whole Wheat Bread Cherry Pie Alt: Chef's Choice Fruit	Creamy Tuscan Sausage Pasta Sunshine Carrots Romaine Lettuce Salad with Italian Dressing Mixed Fruit Cup Chocolate Chip Cookie Alt: Diet Cookie	Seasoned Chicken Quarters Au Gratin Potatoes Three Bean Salad Buttermilk Biscuit Kiwi	Salisbury Steak in gravy Mashed Potatoes Beet & Carrot Salad Fruit Cocktail Nine Grain Bread Frosted Banana Cake Alt: Plain Cake
26	27	28	29	30
Hamburger on a bun Ketchup/Mustard Sour Cream & Chive Potato Wedges BBQ Bean Salad Citrus Fruit Cup	Chicken, Broccoli & Cheese Casserole Carrot Coins Creamy Cucumber Salad Multigrain Bread Pound Cake with Mixed Berries	Beef Tips with mushrooms & onions Mashed Potatoes Sicilian Grande Veggies Nine Grain Bread Mandarin Oranges	Smothered Pork Loin Buttered Parsley Potatoes Creamed Corn Peach Half Marble Rye Baker's Choice Cookie Alt: Diet Jello	Ground Beef Philly Cheesesteak on a Bun Au Gratin Potatoes Peas & Carrots Seasonal Fresh Fruit Chocolate Milk

Senior Dining and Home Delivered Meals Menu February 2026

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
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 Zucchini Blend Veggies Mexican Coleslaw Dinner Roll Strawberry Applesauce Chocolate Milk	Chicken & Broccoli Alfredo Bake Glazed Carrots Mixed Greens Salad with tomatoes & Italian dressing Fruit Cocktail Vanilla Pudding Alt: Diet Puddin
9	10	11	12	13
Lasagna Rollup with Meat sauce Italian Beans Spinach Salad with Raspberry 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 Marble Rye Peanut Butter Cookie Alt: Diet Cookie	Ham Macaroni Salad Broccoli Salad Baby Carrots with Ranch Peach Half Lemon bar Alt: Diet Jello	Meatballs in Mushroom & Onion Gravy Yukon Gold Mashed Potatoes Buttered Corn Mandarin Oranges Whole Wheat Bread Rice Krispy Treat
PLEASE NOTE: MENU SUBJECT TO CHANGE WITHOUT NOTICE 1% milk included ALT= Lower Sugar Alternative ALLERGY STATEMENT: Menu items may contain or come into contact with milk, eggs, fish, tree nuts, peanuts, wheat, sesame and/or soy.				
<div style="float: right; border: 1px solid black; padding: 5px; text-align: center;">OVER</div> <div style="float: right; width: 30%;"> Reservations for in-person dining are required at least ONE BUSINESS DAY in advance. To make a 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 262-548-7826 </div> <div style="float: right; width: 20%;"> Visit our website at: www.waukeshacounty.gov </div> <div style="float: right; width: 20%;"> BROOKFIELD Brookfield Community Center 2000 North Calhoun Rd (262) 782-1636 OPEN: Mon - Friday </div> <div style="float: right; width: 20%;"> <u>MEMOMONEE FALLS</u> Menomonee Falls Community Center W152 N8645 Margaret (262) 251-3406 OPEN: Mon - Friday </div> <div style="float: right; width: 20%;"> <u>MUKWONAGO</u> Birch rock Senior Apts 280 Birch Rock Way (262) 363-4458 OPEN: Mon-Thursday </div> <div style="clear: both;"></div>				

Staying Prepared at Home



Emergencies can happen at any time. That is why it is critical that we prepare for emergencies before they happen. Here are some steps from *HealthinAging.org* that will help you prepare for and respond in an emergency.

- 1. Create an Emergency Plan-** Create a group text or a phone call chain. This will help make sure all relatives and friends know what is happening. Be sure to have current phone numbers (work and cell phone numbers) of the people you will need to contact in an emergency. And make sure they have your phone number, too!
- 2. Make travel arrangements in case of an evacuation-** Talk to family members about what you would do if you had to leave your home- would you drive? Will you need someone to pick you up? Have you family pick two meeting places in case of an evacuation. One near your home and the other outside the neighborhood-where you can wait and relatives can find you.
- 3. Stock an Emergency Medical Kit-** This should include:
 - Medications: A 3–6-day supply of your medications along with an up-to-date medication list that includes the names and dosage of any drugs you are taking. If you have any that require refrigeration, be sure to have an insulated bag and ice pack on hand.
 - Include items such as blood sugar monitoring equipment, hearing aids/batteries, eyeglasses, dentures and other medical devices.
- 4. Make A Disaster Supplies Kit-**
 - Water- plan for at least 1 gallon per person per day, for at least 3 days.
 - Food- at least a 3-day supply of shelf stable foods that won't spoil. Things like ready to eat canned meats, soups, fruits and vegetables (don't forget a manual can opener), protein or granola bars, peanut butter, dried fruit and canned juices.
 - Basic supplies- a flashlight, disposable plates and utensils, extra batteries, weather radio, cell phone chargers, a blanket, etc.
 - Have a first aid kit
 - Basic hygiene products like soap, toothpaste, toothbrush, baby wipes, garbage bags and hand sanitizer.
- 5. If you have a pet,** don't forget to include- pet food, medications, a leash and potentially medical records.

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.waukeshecounty.gov

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

SUSSEX
Sussex Civic Center
N64 W23760 Main St
(262) 246-6747
OPEN: Mon - Friday