

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND MEALS ON WHEELS MENU June 2025










Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Honey Mustard Chicken Buttered Red Potatoes Cauliflower Salad Multigrain Bread/butter Peaches Rice Krispie Treat Alt: Diet Jello	St Louis Style Pork Loin Twice Baked Mashed Potatoes Steamed Broccoli Watermelon Wheat Roll/butter Vanilla Pudding Alt: Diet Pudding	National Cheese Day Cheeseburger on a Bun Ketchup/Mustard Sour Cream & Chive Wedges Three Bean Salad Grapes Chocolate Milk	Swedish Meatballs over Noodles Peas & Pearl Onions Baby Carrots with Ranch Cantaloupe	Turkey Tetrazzini Sicilian Grande Veggies Cold Beet Salad Whole Wheat Bread/butter Ambrosia Fruit Salad
9	10	11	12	13
Strawberry Pie Day Diced Ham & Au Gratin Potatoes Green Beans Grape Tomatoes Whole Wheat Bread/butter Strawberry Rhubarb Pie	Crustless Chicken Pot Pie over Biscuit Sunshine Carrots Spinach Salad with Dressing Watermelon Peanut Butter Cookie Alt: Diet Cookie	Salisbury Steak in Gravy Mashed Potatoes Creamed Corn Nine Grain Bread/butter Peaches Chocolate Milk	Polish Fest Gołąbki (Cabbage Roll) Baked Potato with Sour Cream Cucumber Salad Mixed Fruit Cup Rye Bread/butter Lemon Bar	Chicken Stir Fry over Brown Rice Soy Sauce Japanese Blend Veggies Chilled Pineapple Banana Muffin Alt: Applesauce
16	17	18	19	20
Happy Father's Day! Polish Sausage on a Bun Ketchup/Mustard Hot German Potato Salad Dad's Baked Beans Fresh Fruit Salad Raspberry Mousse Cake	Baked Chicken Quarters Honey Glazed Sweet Potatoes Green Beans Nine Grain Bread/butter Seasonal Fresh Fruit	Four Cheese Lasagna Roll-up with Veggie Marinara Italian Blend Veggies Mixed Greens Salad with Tomato & Italian Dressing Breadstick/butter Seasonal Fresh Fruit	Summerfest Begins BBQ Pulled Pork on a Wheat Bun Au gratin Potatoes Peas & Carrots Watermelon Ice Cream Cup	Lightly Breaded Cod Tartar Sauce Buttered Red Potatoes Confetti Coleslaw Marble Rye Bread/butter Honeydew Melon
23	24	25	26	27
Roast Turkey in gravy Mashed Sweet Potatoes Garlic Green Beans Cornbread/butter Seasonal Fresh Fruit	Ring Bologna Broil (with potatoes, onion, carrots) Mixed Veggies Watermelon Rye Bread with Butter Tapioca Pudding Alt: Diet Pudding	Shredded Beef in gravy over Mashed Potatoes Marinated Broccoli & Cauliflower Salad Multigrain Bread/butter Peach Half	Strawberry Festival Pub Burger on an Onion Bun with Provolone & Grilled Onion BBQ Bean Salad Sweet Corn Pound Cake with Strawberries	Asian Chicken Salad (Mixed Greens, Grilled Chicken, Mandarin Oranges, Crispy Noodles, Vinaigrette) Baby Carrots with Ranch Whole Wheat Roll/ Butter Cantaloupe Chocolate Milk
30				
Stuffed Pepper Casserole Carrot Coins Chef's Choice Veggie Whole Wheat Bread/butter Pears Oatmeal Raisin Cookie Alt: Diet Cookie				

SENIOR DINING AND MEALS ON WHEELS MENU July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Pork Cutlet in light gravy Wild Rice and Quinoa Blend Harvard Beets Broccoli Salad Multigrain Bread/butter Honeydew Melon	Chicken Stroganoff over Noodles Steamed Spinach Creamy Dill Cucumber Salad Mandarin Oranges Apple Streusel Cake Alt: Applesauce	Brat on a Bun with Sauerkraut Ketchup/Mustard American Fried Potatoes Carrot sticks with Hummus Watermelon Ice Cream Cup	July 4th Holiday No Meals Served
7	8	9	10	11
Shredded Turkey and Gravy over Mashed Potatoes Honey Glazed Carrots Mixed Greens Salad with French Dressing Buttermilk Biscuit/butter Chocolate Pudding Alt: Diet Pudding	Mexican Tater Tot Casserole Green Beans Tropical Fruit Salad Multigrain Bread/butter Coconut Cake Alt: Diet Cookie	Smothered Meatballs Sour Cream & Chive Mashed Potatoes Prince William Blend Veggies Multigrain Bread/butter Chef's Choice Fruit	Chicken Salad with Grapes Parmesan Zucchini & Corn Salad Cucumber Slices with Ranch Dinner Roll/butter Cantaloupe	Sloppy Joe on a Wheat Bun Hashbrown Casserole Hot Calico Beans Blueberries Banana Cake Alt: Diet Jello
PLEASE NOTE: MENU SUBJECT TO CHANGE WITHOUT NOTICE 1% MILK INCLUDED ALT= LOW SUGAR ALTERNATIVE				
<div><div><div>Reservations for in person dining are required at least ONE BUSINESS DAY in advance.</div><div>To reserve a seat, or to cancel a meal, please call your dining center no later than 11:00 am, Mon.-Fri.</div><div>For home-delivered meal inquiries, please call our main office at 262-548-7826</div><div>Visit our website at: www.waukeshacounty.gov</div><div>BROOKFIELD Brookfield Community Center 2000 North Calhoun Rd (262) 782-1636 OPEN: Mon - Friday</div><div>MENOMONEE FALLS Menomonee Falls Community Center W152 N8645 Margaret (262) 251-3406 OPEN: Mon - Friday</div><div>MUKWONAGO Birchrock Senior Apts 280 Birchrock Way (262) 363-4458 OPEN: Mon-Thursday</div><div>OVER</div></div></div>				

Easy Ways to...
Add More Fruits and Vegetables to Your Meals

Brighten up your plate with colorful fruits and vegetables at every meal.

Breakfast	Lunch and Dinner	Snacks
		
Mix fruit with yogurt, oatmeal or whole grain cereal.	Add vegetables to soups, stews or casseroles.	Enjoy fruit with peanut butter.
		
Include vegetables in an omelet or egg sandwich.	Mix vegetables with pasta, rice or couscous	Add vegetables to half of a sandwich.
		
Make a smoothie with leafy greens and frozen fruit.	Top tacos, pizzas and pita bread with vegetables.	Serve fresh vegetables with a bean dip.

Easy Ways to...
Choose Colors of Good Health

Eat a variety of fruits and vegetables to keep your body strong!

RED	YELLOW/ ORANGE	GREEN	BLUE/ PURPLE	WHITE/ BROWN
<p>FRUITS Apples Cherries Cranberries Grapefruit* Grapes Raspberries Strawberries Watermelon</p> <p>VEGETABLES Beets Potatoes Radishes Rhubarb Peppers</p>	<p>FRUITS Apricots Cantaloupe Mangoes* Nectarines Oranges* Papayas* Peaches Pineapples* Lemons*</p> <p>VEGETABLES Butternut squash Carrots Pumpkin Rutabaga Summer squash Sweet corn Sweet potatoes</p>	<p>FRUITS Apples Avocados* Grapes Honeydew melon Kiwifruit* Limes*</p> <p>VEGETABLES Broccoli Brussels sprouts Okra Peppers Peas Spinach String beans Zucchini</p>	<p>FRUITS Blackberries Blueberries Black currants Dried plums Elderberries Grapes Plums Raisins</p> <p>VEGETABLES Black beans Cabbage Eggplant Peppers Potatoes</p>	<p>FRUITS Bananas* Pears Dates* Nectarines Peaches</p> <p>VEGETABLES Cauliflower Garlic Mushrooms Onions Parsnips Potatoes Turnips</p>

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Visit our website at: www.waukeshacounty.gov

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

OCONOMOWOC
Oconomowoc
Community Center
220 W. Wisconsin Ave
(262) 567-5177
OPEN: Mon - Friday

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

WAUKESHA LA CASA VILLAGE
1431 Big Bend Rd
(262) 547-8282
OPEN: Mon - Friday