

MILWAUKEE COUNTY SENIOR DINING



FRANKLIN
9229 W. LOOMIS ROAD

11:00 FOR IN-PERSON DINING ONLY

MAY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RESERVATIONS REQUIRED  9:30 - 11:30 24-HOUR NOTICE   = HEALTHIER DESSERT 414-427-7696	Suggested Contribution \$3.00 60+ 	Meat Lasagna 1 Italian Vegetables Garlic Bread Juice Spice Cake  Raisins	Peachy Pork Roast 2 Fresh Sweet Potatoes Brussels Sprouts 7-Grain Bread Banana	Chicken Creole 3 Red Beans & Rice Bahama Vegetables Cornbread Fresh Peach
BBQ Pulled Pork 6 Kaiser Roll Macaroni & Cheese Country Vegetables Red Cabbage Slaw Fresh Fruit	Baked Chicken 7 Wild Rice Normandy Vegetables Whole Grain Bread Grapes	Chef's Salad 8 <i>Turkey, Ham, Cheese</i> <i>Croutons, Egg, Ranch</i> Bran Muffin Cottage Cheese Chilled Peaches	Stuffed Cabbage Roll 9 Tomato Sauce Mashed Potatoes Grilled Vegetables Golden Wheat Bread Fruit Medley	Glazed Ham 10 Red Potatoes Asparagus Dinner Roll Cheesecake  Fruit HAPPY MOTHER'S DAY
Cranberry Meatballs 13 Buttered Noodles Country Style Vegetables Oatmeal Bread Lemon Bar  Fruit	Fish Filet 14 Tartar Sauce Sesame Bun Rice Pilaf Creamy Coleslaw  Cranberry Juice Applesauce	Chicken Gyro Salad 15 <i>Chicken, Tomato</i> <i>Red Onion, Cucumber</i> <i>Lettuce, Tzatziki Sauce</i> Crusty Roll Jello Pears	Cheddar Burger 16 on a Bun Tomato Slice Potato Wedges Peas & Pearl Onions Pickle Spear Yellow Delicious Apple	Denver Omelet 17 Cheese Sauce Sausage Hashbrown Potatoes Melon Wedge Cinnamon Roll
Smothered 20 Chicken Breast Hashbrown Casserole Broccoli & Cauliflower Biscuit Apricots	Grilled Bratwurst 21 Whole Grain Bun Tater Tots Peas & Carrots Peanut Butter Cookie  Fruit	Big Mac Salad 22 <i>Ground Beef, Cheese</i> <i>Lettuce, Onions, Pickles</i> <i>Dressing</i> Sesame Dinner Roll Strawberry Yogurt Banana	Ham & Rotini Bake 23 Green Beans Spinach Salad w/Strawberry Dressing Multi-Grain Bread Fresh Pear	Soft Chicken Taco 24 <i>Lettuce, Tomato</i> <i>Cheese, Taco Sauce</i> Flour Tortilla Southwest Vegetables Black Beans & Rice Pineapple
CLOSED 27  Memorial Day REMEMBER AND HONOR	Turkey à la King 28 Brown Rice Chef's Vegetables Diced Beets Poppy Seed Dinner Roll Fruit Cocktail	Spaghetti & Meat Sauce 29 Italian Beans Garlic Breadstick Juice Coconut Cream Pie  Fresh Fruit	Tuna Salad/Croissant 30 w/Lettuce & Tomato Marinated Vegetables Sun Chips String Cheese Mandarin Oranges	Chili Dog 31 Whole Wheat Bun Cottage Fries Whole Kernel Corn Granola Bar Fruit Cup

The Benefits of Eating With Others:

Connecting Nutrition and Socialization for Better Health

THE POSITIVE IMPACT OF EATING TOGETHER

Studies show that people who dine with others regularly eat healthier and report a better quality of life. It provides a sense of structure and belonging while offering greater opportunities for improved nutrition. Coming together over a meal can also provide meaningful ways to connect with others over shared beliefs and cultural interests. Benefits may include:

Physical Health

- Improved nutrition
- Reduced risk of chronic conditions
- Better mobility



Mental Health

- Increased self-care
- Sense of well-being
- Reduced anxiety and depression



Social Health

- Opportunities to connect
- Stronger relationships
- Reduced loneliness



REDUCED HUNGER IS MORE COMMON AS WE AGE

As a result, some older adults skip meals or eat in an unbalanced manner when eating alone. When we eat with others, our nutrition intake improves. Examples may include:

Eating better overall

or certain food groups like protein and vegetables.



Consuming more calories

to provide needed energy.



Taking in more nutrients

like iron, calcium, and folate.



Sources cited

- Gender differences in longevity in free-living older adults who eat-with-others: A prospective study in Taiwan. 2017.
- A systematic review and meta-analysis of the social facilitation of eating. 2019.
- Social influences and eating behavior in later life: a review. 2011.
- "You've got to be old to go there:" psychosocial barriers and facilitators to social eating in older adults. 2020.
- Living alone but eating together: exploring lunch clubs as a dining out experience. 2017.
- Eating along or together among community-living older people - a scoping review. 2021.