

MILWAUKEE COUNTY SENIOR DINING

FRANKLIN

9229 W. LOOMIS ROAD

11:00 FOR IN-PERSON DINING ONLY

APRIL



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1 Green Pepper Casserole Country Style Vegetables Warm Peaches Honey Wheat Bread Fresh Orange	ELECTION DAY Site Closures Possible 2 Philly Chicken & Swiss on Whole Grain Bun Baby Baker Potatoes Normandy Vegetables 🍏 Apple Juice Diced Pears	3 Turkey BLT Salad <i>Turkey, Bacon, Cheese</i> <i>Romaine, Tomato, Ranch</i> Sourdough Bread Mandarin Oranges Granola Bar	4 Seafood Alfredo w/Fettuccine Noodles Brussels Sprouts Buttermilk Biscuit Strawberry Applesauce Lorna Doone Cookies	5 Swedish Meatballs Garlic Mashed Potatoes Peas & Carrots 7-Grain Bread Chocolate Cake 🍷 Fresh Fruit	
8 Country Ribs German Potato Salad Roasted Beets Golden Wheat Bread Chilled Apricots	9 Bratwurst Bun w/Grilled Onions Dilly Red Potatoes Creamy Cucumbers Red Delicious Apple	10 Salisbury Steak/Gravy Mashed Potatoes Chef's Vegetables French Bread Sunshine Cake 🍷 Fresh Fruit	11 Chicken Supreme Fresh Sweet Potato Southwest Vegetables Spinach Salad Dinner Roll Clementine	12 Pork Chop Suey w/Oriental Vegetables Seasoned Brown Rice Oatmeal Bread 🍇 Grape Juice Tropical Fruit Cocktail	
15 Sloppy Joe Sesame Bun Oven-Fries Broccoli Slaw 🍊 Orange Juice Fruited Yogurt	16 Smothered Pork Chop Scalloped Potatoes Wisconsin Vegetables Rye Dinner Roll Peach Pie 🍷 Fresh Fruit	17 Chef's Salad Turkey, Ham, Cheese Croutons, Egg, Ranch Blueberry Muffin Cottage Cheese Peaches	18 Spaghetti & Meatballs Italian Sauce Green Beans Garlic Bread Strawberries Angel Food Cake	19 Oven-Fried Chicken Garlic Mashed Potatoes Corn Garden Salad/Dressing Biscuit Fresh Pear	
22 Burrito Bowl Cilantro Rice Black Beans Cornbread Pineapple	23 Baked Fish Lemon Sauce Au Gratin Potatoes Carrot Coins Marble Rye Bread Red Jell-O	24 Chicken Cordon Bleu Wild Rice Baby Peas Tossed Salad/Dressing Dinner Roll Banana	25 Hot Ham & Cheese Kaiser Roll Baby Red Potatoes Broccoli Peanut Butter Cookie 🍷 Fresh Fruit	26 Tuna Noodle Casserole Chef's Vegetables Baked Cinnamon Apples Vienna Bread Grapes	
29 Italian Sausage Penne Pasta & Marinara Italian Vegetables Italian Bread Brownie 🍷 Fresh Fruit	30 Grilled Burger/Bun w/Mushrooms & Swiss Tater Tots Baked Beans Pickle Slices Melon	RESERVATIONS REQUIRED 📞 24-HOUR NOTICE 9:30 AM - 11:30 AM 414-427-7696			🍷 HEALTHIER DESSERT Suggested Contribution \$3.00 60+

MILWAUKEE COUNTY SENIOR DINING



American Heart Association
Healthy for Good™



HOW TO EAT BETTER

✓ CREATE A HEALTHY EATING PATTERN

Make smart choices and swaps to build an overall healthy eating style. Watch calories and eat smaller portions.

ENJOY

vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins, skinless poultry, fish and seafood.



LIMIT

sweetened drinks, alcohol, sodium, red and processed meats, refined carbohydrates like added sugars and processed grain foods, full-fat dairy products, highly processed foods, tropical oils like coconut and palm.



AVOID

trans fat and partially hydrogenated oils (found in some commercial baked goods and fried foods).

✓ READ NUTRITION LABELS

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
<small>% Daily Value*</small>	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	

Learning how to read and understand food labels can help you make healthier choices.

When you have more than one choice, compare nutrition facts. Choose products with lower amounts of sodium, saturated fat and added sugars.



TIPS FOR SUCCESS



WATCH CALORIES

Eat only as many calories as you use up through physical activity. Understand serving sizes and keep portions reasonable.



COOK AT HOME

Take control over the nutritional content of your food by learning healthy preparation methods.



LOOK FOR THE HEART-CHECK

The Heart-Check mark helps you find foods that can be part of a healthy eating plan.



IN NEED OF INSPIRATION?

The American Heart Association has hundreds of heart-healthy recipes to choose from.

Learn more at heart.org/lifes8

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