MILWAUKEE COUNTY SENIOR DINING

FRANKLIN

9229 W. LOOMIS ROAD

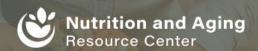


MAY



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RESERVATIONS REC	UIRED Suggested Contribution \$3.00	Meat Lasagna 1	Peachy Pork Roast 2	Chicken Creole 3
9:30 - 11:	30 R NOTICE	Italian Vegetables	Fresh Sweet Potatoes	Red Beans & Rice
2771001	WO TICE	Garlic Bread	Brussels Sprouts	Bahama Vegetables
	= HEALTHIER DESSERT	Juice	7-Grain Bread	Cornbread
	\sim	Spice Cake	Banana	Fresh Peach
414.42	<u>7·7696</u>	Raisins		
BBQ Pulled Pork 6	Baked Chicken 7	Chef's Salad 8	Stuffed Cabbage Roll 9	Glazed Ham 10
Kaiser Roll	Wild Rice	Turkey, Ham, Cheese	Tomato Sauce	Red Potatoes
Macaroni & Cheese	Normandy Vegetables	Croutons, Egg, Ranch	Mashed Potatoes	Asparagus
Country Vegetables	Whole Grain Bread	Bran Muffin	Grilled Vegetables	Red Potatoes Asparagus Dinner Roll Cheesecake Fruit
Red Cabbage Slaw	Grapes	Cottage Cheese	Golden Wheat Bread	Cheesecake
Fresh Fruit		Chilled Peaches	Fruit Medley	● Fruit
Cranberry Meatballs 13	Fish Filet 14	Chicken Gyro Salad 15	Cheddar Burger 16	Denver Omelet 17
Buttered Noodles	Tartar Sauce	Chicken, Tomato	on a Bun	Cheese Sauce
Country Style Vegetables	Sesame Bun	Red Onion, Cucumber	Tomato Slice	Sausage
Oatmeal Bread	Rice Pilaf	Lettuce, Tzatziki Sauce	Potato Wedges	Hashbrown Potatoes
Lemon Bar	Creamy Coleslaw	Crusty Roll	Peas & Pearl Onions	Melon Wedge
Fruit	Cranberry Juice	Jello	Pickle Spear	Cinnamon Roll
	Applesauce	Pears	Yellow Delicious Apple	
Smothered 20	Grilled Bratwurst 21	Big Mac Salad 22	Ham & Rotini Bake 23	Soft Chicken Taco 24
Chicken Breast	Whole Grain Bun	Ground Beef, Cheese	Green Beans	Lettuce, Tomato
Hashbrown Casserole	Tater Tots	Lettuce, Onions, Pickles	Spinach Salad	Cheese, Taco Sauce
Broccoli & Cauliflower	Peas & Carrots	Dressing	w/Strawberry Dressing	Flour Tortilla
Biscuit	Peanut Butter Cookie	Sesame Dinner Roll	Multi-Grain Bread	Southwest Vegetables
Apricots	Fruit	Strawberry Yogurt	Fresh Pear	Black Beans & Rice
		Banana		Pineapple
CLOSED 27	Turkey à la King 28	Spaghetti & Meat Sauce 29	Tuna Salad/Croissant 30	Chili Dog 31
*****	Brown Rice	Italian Beans	w/Lettuce & Tomato	Whole Wheat Bun
***********	Chef's Vegetables	Garlic Breadstick	Marinated Vegetables	Cottage Fries
Memorial Day	Diced Beets	Juice	Sun Chips	Whole Kernel Corn
REMEMBER AND HONOR	Poppy Seed Dinner Roll	Coconut Cream Pie	String Cheese	Granola Bar
	Fruit Cocktail	Fresh Fruit	Mandarin Oranges	Fruit Cup
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View Menus Online! county.milwaukee.gov/aging/diningmenus · Senior Dining Office: 414-289-6995



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 Ioneliness



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 like iron, calcium, and folate.



- 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.



Funded by the Administration for Community Living, the Nutrition and Aging Resource Center builds the capacity of senior nutrition programs funded by the Older Americans Act to provide high-quality, person-centered services and enhance program sustainability and resiliency.



