

# MILWAUKEE COUNTY SENIOR DINING

**FRANKLIN**  
9229 W. LOOMIS ROAD

**(414)427-7696**

11:00 FOR IN-PERSON DINING

## MARCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meatloaf & Gravy <b>3</b> Mashed Potatoes Stewed Tomatoes w/Peppers & Onions Sourdough Bread Chilled Apricots	Cheesy Rotini & Ham <b>4</b> Chef's Vegetables Warm Spiced Pears Split-Top Dinner Roll Pound Cake 🍷 Fruit	Vegetarian Chili <b>5</b> Baked Potato Southwest Vegetables Cornbread Shredded Cheddar Apple & Peanut Butter	Shredded Chicken <b>6</b> Whole Grain Bun Rice Pilaf Succotash 🍇 Grape Juice Mixed Fruit Cup	Tuna Noodle Casserole <b>7</b> Baby Carrots Kidney Bean Salad Marble Rye Bread Fruited Muffin
Pork Chop Suey <b>10</b> Brown Rice Broccoli Whole Grain Roll Fresh Orange	Sloppy Joe <b>11</b> Sesame Bun Hashbrown Casserole Laguna Vegetables Dill Pickle Spear Fruited Yogurt	Turkey BLT Salad <b>12</b> <i>Turkey, Bacon, Cheese</i> <i>Romaine, Tomato, Ranch</i> French Bread Mandarin Oranges Granola Bar	Beef Stroganoff <b>13</b> Buttered Egg Noodles Capri Vegetables Pickled Beets Golden Wheat Bread Melon	<b>3.14 (Pi) Pie Day</b> <b>14</b> Veggie Pizza Casserole Parmesan Green Beans Maple Peaches String Cheese Baker's Choice Pie 🍷 Fruit
<b>St. Paddy's Day</b> 🍀 <b>17</b> Irish Stew Roasted Red Potatoes Braised Cabbage Marble Rye Bread Pistachio Pudding 🍷 Fruit	Turkey Pot Pie <b>18</b> w/Biscuit Wild Rice Green Beans Almondine Bartlett Pear	Chicken Gyro Salad <b>19</b> <i>Chicken, Tomato, Onion</i> <i>Lettuce, Cucumber</i> <i>Tzatziki Sauce</i> Yogurt Bread Banana	Grilled Bratwurst <b>20</b> Bun Dilly Potatoes Baked Beans Carrot Raisin Salad Baker's Choice Cookie 🍷 Fruit	Filet-O-Fish <b>21</b> Whole Wheat Bun Macaroni & Cheese Buttered Peas Creamy Coleslaw Applesauce
Pineapple-Glazed Ham <b>24</b> Bread Stuffing Brussels Sprouts 🍷 Cran-Apple Juice Apple-Bran Muffin	Meat Lasagna <b>25</b> Italian Vegetables Garlic Bread Broccoli Salad Yellow Delicious Apple	Smothered Pork Chop <b>26</b> Mashed Sweet Potatoes Cauliflower 7-Grain Bread Fruit Cobbler 🍷 Fruit	Chicken Burrito <b>27</b> Mexican Rice Mexi-Corn Tortilla Chips Salsa Tropical Fruit Cocktail	Pasta Primavera <b>28</b> Alfredo Sauce Garlic Sautéed Spinach Italian Bread Tossed Salad Clementine
Chicken Cordon Bleu <b>31</b> Herbed Rice Peas & Pearl Onions Dinner Roll Frosted Marble Cake 🍷 Fruit	 <p><b>RESERVATIONS REQUIRED</b> <b>PLEASE CALL</b> <b>414.427.7696</b> 🍷 = HEALTHIER DESSERT</p>			

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Suggested Contribution  
**\$3.00**  
60+



## Food Connects Us

Food is a connecting factor for many of us. Food connects us to our cultures, our families and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it and where the ingredients were sourced. What's more, health, memories, traditions, seasons and access can all impact our relationship with food.

This National Nutrition Month®, learn more about these connections and how the foods you eat impact your health throughout life.

### Connect with food.

There are a variety of ways to connect with food. These include preparing your own meals and snacks and learning about how the ingredients you eat were grown or raised. Your ability to access food is also essential. Many people have a specific amount of money they're able to spend on food, which makes planning extra important when trying to eat healthfully.

#### Here are some tips for connecting with food:

- When purchasing food from a store, use a grocery list and pay attention to sales. When food is less processed, it's often more affordable.
- Learn about resources in your community that offer access to healthy foods, such as the Supplemental Nutrition Assistance Program (SNAP), Women Infants and Children (WIC), and food banks.
- Visit a farmers' market to ask about how your food was grown or raised, or consider starting a home or community garden to get hands-on experience with the growing process.

Whether you have a health condition that requires you to eat a certain way, or you just want to make changes to how you eat, preparing your own meals

makes it easier to control the ingredients and their amounts. It's also a chance for children and teenagers to interact with the food they eat and build healthy eating habits for life.



### Explore the Connection Between Food and Culture.

Another way to connect with food includes learning about the traditions or history behind what you're eating. Whether a food is traditional or new to you, learning more about how and why it's prepared can be a valuable experience. It may help build a connection to the person that prepared it, teach about sustainability, or provide information about how it affects your health.