

# Experiencing Food Insecurity?

Low/Fixed Income



Inflationary Prices



Cut in SNAP Benefits



## How to **stretch** your food dollars...

You're Invited!

### Join Milwaukee County Senior Dining:

- Open to those 60+
- Convenient locations
- Delicious & Nutritious
- Wide variety of menu options
- Transportation may be available
- Connect with others
- No Income Restrictions
- No Residency Requirements
- Potential Volunteer Opportunities
- Homebound? Ask about Meals on Wheels



With over 20 different locations, we believe there is something for everyone and we hope you will explore your options.



Reservations are required in advance of your visit-- please plan ahead.



We encourage participants to consider making a contribution, but there is not an actual charge for those 60+.

# MILWAUKEE COUNTY SENIOR DINING



March

➔ Menu HIGHLIGHTS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

*Explore Your Options*

**1 South Milwaukee**

Pepper Steak  
Buttered Noodles  
Stir-Fry Veggies  
Vienna Bread  
Cinnamon Apples

**2 McGovern Park**

Teriyaki Chicken  
Brown Rice  
Oriental Vegetables  
Biscuit  
Fresh Fruit

**3 West Allis**

Tuna Casserole  
Chef's Vegetables  
Warm Peaches  
Multi-Grain Bread  
Fruit Crisp

**6 Hart Park**

Oven-Fried Chicken  
Sweet Potato Wedges  
Creamed Spinach  
Biscuit  
Red Delicious Apple

**7 Wilson Park**

Smothered Pork Chop  
Wild Rice  
Mixed Vegetables  
Whole Grain Bread  
Fresh Plum

**8 Antigua**

Empanada  
Chicken, Pork or Vegetable  
Vegetables & Rice  
House Salad  
Fresh Fruit

**9 Daddy's**

Salmon Croquettes  
Rice  
Black-Eyed Peas  
Greens  
Fruit

**10 MCC**

Ginger Beef Stir-Fry  
Rice  
Squash Medley  
Spinach Salad  
Fresh Fruit

**13 UCC**

Pork a la Jardinera  
White Rice  
Beans (Habichuelas)  
Dinner Roll  
Fruited Jello

**14 Kelly**

Turkey Tetrazzini  
Grilled Vegetables  
Glazed Beets  
Dinner Roll  
Strawberry Cream Pie

**15 MCC**

Gourd Soup  
Asian Chicken Salad  
Rice  
Chef's Vegetables  
Black Bean Brownie

**16 Washington Park**

Irish Stew  
Red Potatoes  
Braised Cabbage  
Dinner Roll  
Shamrock Cookie

**17 Elks Lodge**

Fried Fish/Baked Fish  
French Fries  
Baby Carrots  
Coleslaw  
Dinner Roll  
Mixed Fruit

**20 Greater Galilee**

Pulled Pork/Kaiser Roll  
Tater Tots  
Red Cabbage Slaw  
Orange Juice  
Brownie

**21 Pass Da Peas**

Smothered Steak Fingers  
Rice  
Green Beans  
Bread  
Fruit

**22 LGBT Center**

Spaghetti & Meatballs  
Brussels Sprouts  
Arugula Salad  
Italian Bread  
Lemon Bar

**23 MCHC**

Chicken Biryani  
Palak Paneer  
Salad  
Bread  
Fresh Fruit

**24 Indian Council**

Cheese Quesadilla  
Black Beans  
Cilantro Rice  
Fresh Fruit  
Cookie

**27 Franklin**

Country Ribs  
German Potato Salad  
Succotash  
7-Grain Bread  
Pineapple Cake

**28 Clinton Rose**

Salisbury Steak  
Potatoes  
Peas & Carrots  
French Bread  
Fresh Pear

**29 Orenda**

Breakfast Bowl  
Diced Potato, Bell Pepper, Onion  
Spinach, Cauliflower, Mushrooms  
Cheddar Cheese, Scrambled Eggs  
Whole Grain Toast  
Fresh Fruit

**30 Wilson Park**

Roast Turkey/Bun  
Hashbrown Casserole  
Southwest Vegetables  
Cranberry Juice  
Fruit Cup

**31 UCC**

Ground Beef Chili  
Egg Noodles  
Mixed Vegetables  
Cheese Bread  
Lemon Pie