

**AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY
SENIOR DINING MENU JULY 2010**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
| | | | 1 | 2 |
| | | | Fourth of July Picnic Cheeseburger on Bun Ketchup/Mustard German Potato Salad Watermelon Brownie | Waukesha County Furlough Day No Meals Served |
| 5 | 6 | 7 | 8 | 9 |
| Fourth of July Holiday No Meals Served | Grilled Chicken Breast on Bun Mayo Packet Oriental Coleslaw Tropical Fruit Salad Gelatin Dessert Alt. Diet Gelatin Dessert | Pizza Casserole Tossed Salad Italian Dressing Breadstick/Butter Peaches Ice Cream Alt. Diet Pudding | Baked Fish Tartar Sauce Rosemary Potatoes Fresh Broccoli Salad Rye Bread/Butter Frosted Lemon Cake Alt. Plain Cake | Bastille Days Beef Burgundy Rice Pilaf French Cut Green Beans French Bread/Butter Fresh Fruit Mousse au Chocolat Alt. Diet Pudding |
| 12 | 13 | 14 | 15 | 16 |
| Spaghetti and Meatsauce Whole Kernel Corn Warm Breadstick Butter Mandarin Oranges Bar Cookie Alt. Angel Food Cake | Pork Stir Fry Steamed Rice Soy Sauce Oriental Vegetables Bread/Butter Pineapple Almond Cookie | Baked Meatloaf Ketchup Twice Baked Style Potatoes Green Peas Dinner Roll/Butter Fresh Fruit | Festa Italiana Veal Parmesan Marina Sauce Penne Pasta Italian Green Beans Italian Bread/Butter Honeydew Melon Rice Pudding Alt. Diet Pudding | Baked Chicken Mashed Potatoes/Gravy Baby Carrots Seven Grain Bread Butter Bar Cookie Alt. Fresh Fruit |
| 19 | 20 | 21 | 22 | 23 |
| Roast Pork in Thyme Gravy Baby Red Potatoes Butter Brussel Sprouts Bread/Butter Cinnamon Applesauce | Pepper Steak over Mashed Potatoes Tossed Salad Ranch Dressing Whole Grain Bread Butter Butterscotch Pudding Alt. Diet Pudding | Crab Pasta Salad Marinated Vegetable Salad Bran Muffin/Butter Cantaloupe Chocolate Chip Cookie Alt. Plain Cookie | BBQ Chicken Potato Salad Cream Style Corn Baking Powder Biscuit/Honey Butter Seasonal Fresh Fruit | German Fest Bratwurst over Sauerkraut Parsley Baby Potatoes/Butter Rye Bread/Butter Cucumber Salad German Chocolate Cake Alt. Plain Cake |
| 26 | 27 | 28 | 29 | 30 |
| Christmas in July Roast Turkey in Gravy Mashed Potatoes Broccoli with Cheese Sauce Dinner Roll/Butter Cranberry Sauce Pecan Pie/Topping | Beef Macaroni Casserole Green Beans Cornbread/Butter Cranberry Juice Vanilla Pudding Alt. Diet Pudding | Vegetable Soup Crackers HDM: Mixed Vegetables Chicken Patty on Bun Mayo Packet Veggie pasta Salad Seasonal Fresh Fruit | Glazed Ham Au Gratin Potatoes Fresh Spinach Salad Hot Bacon Dressing Bread/Butter Fruited Strawberry Gelatin Alt. Diet Gelatin | Sweet/Sour Meatballs in Sauce Steamed Rice Soy Sauce Oriental Vegetables Dinner Roll/Butter Mandarin Oranges Sugar Cookie Alt. Plain Cookie |

SENIOR DINING MENU AUGUST 2010

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
| 2 | 3 | 4 | 5 | 6 |
| Ring Bologna Ketchup German Potato Salad Rye Bread/Butter Creamy Coleslaw Cookie Alt. Plain Cookie | Pork Cutlet in Sauce Baked Potato Sour Cream/Butter Harvard Beets Bread/Butter Apple Crisp Alt. Apple | Roast Beef in Gravy Mashed Potatoes California Blend Bread/Butter Peach Pie Alt. Peaches | Arab Fest Grape Juice Baked Chicken in Lemon and Garlic Sauce Steamed Rice Cucumber Salad Pita bread/Butter Tapioca Pudding Alt. Diet pudding | Sloppy Joe on Bun Potato Salad Baked Beans Seasonal Fresh Fruit |
| 9 | 10 | 11 | 12 | 13 |
| Salisbury Steak in Gravy Mashed Potatoes Mixed Vegetables Bread/Butter Tropical Fruit | Chicken Pasta Salad Cantaloupe Wedge Marinated Tomato, Cucumber and Onion Salad Dinner Roll/Butter Lime Gelatin with Pears Alt. Diet Gelatin | State Fair Day Jumbo Hot Dog on Bun Ketchup/Mustard Baked Beans Prized Watermelon Wedge State Fair Style Cream Puffs Alt. Diet Pudding | Turkey ala King over Biscuit/Butter Broccoli Apricots Brownie Alt. Plain Cookie | Baked Fish Tartar Sauce Seasoned Bay Red Potatoes/Butter Creamy Coleslaw Rye Bread/Butter Lemon Pudding Alt. Diet Pudding |

Alt: = low sugar alternative. ***1% milk and decaf coffee served with all meals.***

HDM = Included in Home Delivered Meals instead of soup.

Reservations are required at least one day in advance. Call the Senior Dining Center where you will eat between 10:30 AM and 1:00 PM or call the Aging and Disability Resource Center at (262) 548-7826.