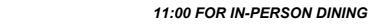
MILWAUKEE COUNTY SENIOR DINING

INDIAN COUNCIL OF THE ELDERLY

944 N. 33rd STREET

(414)933-1401



OCTOBER



Spaghetti & Meat Sauce Italian Green Beans Garlic Bread Julice Brownie 13 14 15 SALAD BAR Salad BAR Wild Rice Diced Squash Cornbread Mixed Berries SALAD BAR French Dip Au Jus Braed Roll French Fries Coleslaw Julice Carrot Cake 27 28 SALAD BAR Salad BAR Cornbread Mixed Berries SALAD BAR SALAD BAR SALAD BAR Cornbread Mixed Berries SALAD BAR SALAD BAR SALAD BAR Cornbread Mixed Berries SALAD BAR						
Redure Sandwich German Potato Salad Vegetable Cups Green Peas Whole Wheat Bread Cheesecake Mousse SALAD BAR Garlic Mashed Potatoes Green Peas Graric Mashed Potatoes Garlic Mashed Potatoes Green Peas Garlic Mashed Potatoes Green Peas Garlic Mashed Potatoes Green Peas Dinner Roll Juice Green Peas Green Peas Green Peas Dinner Roll Juice Green Peas Green Peas Dinner Roll Juice Rice Pudding Green Green Peas Dinner Roll Juice Green Peas Dinner Roll Juice Rice Pudding Green Peas Dinner Roll Juice Green Peas Dinner Roll Juice Green Peas Dinner Roll Juice Rice Pudding Green Peas Dinner Roll Juice Rice Pudding Green Peas Dinner Roll Juice Green Peas Dinner Roll Juice Rice Pudding Green Peas Dinner Roll Juice Green Peas Dinner Roll Juice French Dip Au Jus Green Peas Green Peas Dinner Roll Juice French Dip Au Jus Green Peas Green Peas Dinner Roll Juice French Dip Au Jus Green Peas Dinner Roll Juice French Dip Au Jus Green Peas Green Peas Dinner Roll Juice French Dip Au Jus Green Peas Dinner Roll Juice French Dip Au Jus Green Peas Salad Bar Jala Bar Jala Bar Jala Bar Jala Bar Jala Bar Jala Bar Juice Fruit Cup Juice Fruit Cup Juice Carrot Cake Fish Pry Green Peas Salad Bar Jala B	MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
German Potato Salad Vegetable Cups Chips Sherbet Sherbet Chessecake Mousse SALAD BAR Spaghetti & Meat Sauce Italian Green Beans Garlic Mashed Potatoes Carrots Julice Brownie 13 14 15 SALAD BAR Bison Meatballs Mushroom Gravy Mild Rice Diced Squash Combread Mild Reice Diced Squash Red Velvet Cake Diced Red Velvet Cake SALAD BAR 23 SALAD BAR 24 Egg Scramble Casserole Pancakes Sausage Patty Julice Pancakes Sausage Patty Julice Mousse SALAD BAR 30 Chili Baked Potato Cheesy Potatoes Corn Chips		#	Suggested	1	SALAD BAR 2	SALAD BAR 3
German Potato Salad Vegetable Cups Chips Sherbet Shalad BAR Green Peas Whole Wheat Bread Cheesecake Mousse Shalad BAR Green Beans Garlic Bread Juice Brownie SALAD BAR Green Peas Chips Shalad BAR Garlic Bread Juice Brownie SALAD BAR Green Peas Garlic Bread Juice Rice Pudding Cake SALAD BAR Macaroni & Cheese Fish Fry Steamed Broccoli Tater Tots Common Diced Squash Cormbread Mixed Berries SALAD BAR Red Velvet Cake SALAD BAR Green Peas 13 14 15 SALAD BAR Macaroni & Cheese Fish Fry Steamed Broccoli Tater Tots Common Rye Bread Juice Red Velvet Cake Juice Red Velvet Cake SALAD BAR Green Peas SALAD BAR French Dip Au Jus Bread Common Rye Bread Juice Red Velvet Cake French Pip Au Jus Bread Carrot Cake SALAD BAR Carrot Cake French Dip Au Jus Bread Roll Carrot Cake French Dip Au Jus Bread Roll French Pies Coleslaw Juice Mousse SALAD BAR Crimic Beets Juice Carrot Cake Fruit Cup Fortic Cup Fortic Common Chips Salad BAR Chili Baked Potato Cheesy Potatoes Com Chips	REQUIRED	su pi	Contribution		Reuben Sandwich	Jambalaya
Vegetable Cups Chips Chips Sherbet She		음	60+		German Potato Salad	Rice Pilaf
SALAD BAR Spaghetti & Meat Sauce talian Green Beans Garlic Bread Julice Brownie 13 14 15 SALAD BAR Macaroni & Cheese Steamed Broccoli Bread Julice Salad BAR Salad		핡			Vegetable Cups	Green Peas
SALAD BAR Spaghetti & Meat Sauce talian Green Beans Garlic Bread Julice Brownie 13 14 15 SALAD BAR Macaroni & Cheese Steamed Broccoli Bread Julice Salad BAR Salad	44 4 000 4 404	중	\$300		Chips	Whole Wheat Bread
Spaghetti & Meat Sauce Italian Green Beans Garlic Bread Julice Brownie 13 14 15 SALAD BAR Salad BAR Wild Rice Diced Squash Cornbread Mixed Berries SALAD BAR French Dip Au Jus Braed Roll French Fries Coleslaw Julice Carrot Cake 21 22 23 24 24 25 25 26 27 28 28 29 29 20 20 21 20 20 21 20 21 20 21 20 21 20 21 20 21 21 22 23 24 24 25 25 26 26 27 28 28 29 29 20 20 20 21 20 20 21 21 20 21 20 21 21 20 21 21 20 21 21 20 21 21 21 22 23 24 25 26 26 27 28 28 29 29 29 20 20 20 21 20 21 20 21 20 21 20 21 21 22 23 24 24 25 26 26 27 28 28 29 29 28 29 29 28 29 29 28 29 29 28 29 29 28 29 29 28 29 29 28 29 29 28 29 29 28 29 29 28 29 29 28 29 29 28 29 29 28 29 29 28 29 29 28 28 29 28 29 28 28 29 28 28 29 28 28 29 28 28 29 28 28 29 28 28 29 28 28 29 28 28 28 28 28 28 28 28 28 28 28 28 28	414.933.1401	<u></u>	Ψ 3.00		Sherbet	Cheesecake Mousse
Tatlan Green Beans Garlic Mashed Potatoes Carrots Dinner Roll Juice Brownie 13 14 15 SALAD BAR Bison Meatballs Mushroom Gravy Wild Rice Dired Squash Combread Mixed Berries SALAD BAR French Dip Au Jus Bread Roll French Fries Coleslaw Juice Carrot Salad BAR Coleslaw Juice Carrot Salad BAR SALAD BAR Red Velvet Cake 17 SALAD BAR Red Velvet Cake SALAD BAR Roast Turkey Sweet Potato Casserole Beets Juice Carrot Cake Fruit Cup Fruit Cup Forum Chies Forum Chies F	SALAD BAR	6	7	8	SALAD BAR 9	SALAD BAR 10
Carric Bread Juice Brownie 13	Spaghetti & Meat Sauce				Cabbage Rolls	Tuna Casserole
Juice Brownie Browni	Italian Green Beans				Garlic Mashed Potatoes	Green Peas
Rice Pudding Rice	Garlic Bread				Carrots	Dinner Roll
SALAD BAR Bison Meathalls Mushroom Gravy Wild Rice Diced Squash Cornbread Mixed Berries SALAD BAR Prench Dip Au Jus Bread Roll French Fries Coleslaw Juice Mousse SALAD BAR 20 21 22 23 24 25 25 26 27 28 28 29 28 29 28 20 20 21 20 20 21 20 20 20 20 20 20 20 20 20 20 20 20 20	Juice				Hawaiian Roll	Juice
SALAD BAR Bison Meatballs Mushroom Gravy Wild Rice Diced Squash Cornbread Mixed Berries SALAD BAR Macaroni & Cheese Steamed Broccoli Bread Juice Red Velvet Cake SALAD BAR	Brownie				Rice Pudding	Cake
Bison Meatballs Mushroom Gravy Wild Rice Diced Squash Cornbread Mixed Berries SALAD BAR French Dip Au Jus Bread Roll French Fries Coleslaw Juice Mousse SALAD BAR Cornot Cake Salad Bar Corrot Cake Salad Bar Colesiaw Juice Mousse Salad Bar Corrot Cake Salad Bar Colesiaw Juice Mousse Salad Bar Colesiaw Juice Carrot Cake Salad Bar Colesiaw Juice Carrot Cake Salad Bar Colesiaw Juice Carrot Cake Salad Bar Coliii Baked Potato Chiesy Potatoes Corrot Corrot Chips		13	14	15		
Mushroom Gravy Wild Rice Diced Squash Cornbread Mixed Berries SALAD BAR French Dip Au Jus Bread Nolles French Fries Coleslaw Juice Mousse SALAD BAR Cornot Cake Sausage Patty Juice Mousse SALAD BAR Coleslaw Juice Carrot Cake Fruit Cup Forunch Cheesy Potatoes Cheesy Potatoes Cheesy Potatoes Corn Juice Corn Chips						
Wild Rice Diced Squash Cornbread Mixed Berries SALAD BAR French Dip Au Jus Bread Diced Squash Combread Mixed Berries SALAD BAR French Dip Au Jus Bread Red Velvet Cake Salad BAR French Dip Au Jus Bread Roast Turkey Sweet Potato Casserole Beets Sausage Patty Juice Carrot Cake Salad BAR Salad BAR Total Carrot Cake Salad BAR Total C						•
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Red Velvet Cake SALAD BAR 20						
Mixed Berries SALAD BAR 20 21 22 SALAD BAR Roast Turkey Sweet Potato Casserole Pancakes Sausage Patty Juice Garrot Cake SALAD BAR 27 28 29 SALAD BAR 30 SALAD BAR 31 Hot Dog on a Bun Chies Brussels Sprouts Dinner Roll Juice Corn Juice Chips		1	PEOPLES, INVA			*
SALAD BAR Prench Dip Au Jus Bread Roll French Fries Coleslaw Juice Mousse SALAD BAR 27 28 29 SALAD BAR 20 SALAD BAR Roast Turkey Sweet Potato Casserole Beets Juice Carrot Cake Fruit Cup Forunch Chili Baked Potato Steamed Cauliflower Juice Corn Chips		7			Red Velvet Cake	Jello
French Dip Au Jus Bread Roll French Fries Coleslaw Juice Mousse SALAD BAR Shepherds Pie Brussels Sprouts Dinner Roll Juice Duice Carrot Cale Roast Turkey Sweet Potato Casserole Pancakes Sausage Patty Juice Fruit Cup Carrot Cake SALAD BAR Chili Baked Potato Steamed Cauliflower Juice Corn Chips	Mixed Berries	_				
Bread Roll French Fries Coleslaw Juice Mousse SALAD BAR Shepherds Pie Brussels Sprouts Dinner Roll Juice Duice Carrot Cake Sweet Potato Casserole Beets Sausage Patty Juice Carrot Cake Fruit Cup Fruit Cup Chili Baked Potato Steamed Cauliflower Juice Corn Chips	SALAD BAR	20	21	22	SALAD BAR 23	SALAD BAR 24
French Fries Coleslaw Juice Juice Mousse SALAD BAR Shepherds Pie Brussels Sprouts Dinner Roll Juice Sausage Patty Juice Fruit Cup Frui	French Dip Au Jus				Roast Turkey	Egg Scramble Casserole
Coleslaw Juice Garrot Cake SALAD BAR Shepherds Pie Brussels Sprouts Dinner Roll Juice Carrot Cake SALAD BAR Shepherds Pie Brussels Sprouts Dinner Roll Juice Juice Juice Fruit Cup Fru	Bread Roll				Sweet Potato Casserole	Pancakes
Juice Mousse SALAD BAR 27 28 Shepherds Pie Brussels Sprouts Dinner Roll Juice Carrot Cake Fruit Cup Fru	French Fries				Beets	Sausage Patty
Mousse SALAD BAR 27 28 Shepherds Pie Brussels Sprouts Dinner Roll Juice Salad BAR Chili Baked Potato Steamed Cauliflower Juice Chips	Coleslaw				Juice	Juice D
SALAD BAR 27 28 29 SALAD BAR 30 SALAD BAR 31 Shepherds Pie Brussels Sprouts Dinner Roll Juice SALAD BAR 31 Hot Dog on a Bun Cheesy Potatoes Corn Chips	Juice				Carrot Cake	Fruit Cup for Cunicin
Shepherds Pie Brussels Sprouts Dinner Roll Juice Chili Baked Potato Steamed Cauliflower Juice Chips	Mousse					Lunch
Shepherds Pie Brussels Sprouts Dinner Roll Juice Chili Baked Potato Steamed Cauliflower Juice Chips	SALAD BAR	27	28	29	SALAD BAR 30	SALAD BAR 31
Dinner Roll Juice Steamed Cauliflower Juice Corn Chips	Shepherds Pie					
Juice Juice Chips	Brussels Sprouts				Baked Potato	Cheesy Potatoes
' '	Dinner Roll				Steamed Cauliflower	Corn
Rice Krisnie Treat Pudding Peach Cobbler	Juice				Juice	Chips
Tidding Tidding	Rice Krispie Treat				Pudding	Peach Cobbler

MILWAUKEE COUNTY SENIOR DINING



Prevent Health Problems Before They Happen

Your health is important. You can stay healthy by visiting your health care provider regularly for preventive services. Preventive care can keep you from getting sick and can find health problems early.

If you have Medicare, you can get many of these services for free. Anyone with Medicare can use them, and there is no need to sign up or apply.

To help you stay healthy, Medicare covers preventive services:



- Yearly "Wellness" check-ups
- Vaccinations for the flu, shingles, and COVID-19
- Screenings for cancer, diabetes, heart disease, and HIV
- Counseling to help you quit smoking
- Training on how to manage diabetes
- And more!

Many people with Medicare can use these programs, but you do need to meet some guidelines to apply. These guidelines may be different depending on where you live and how much money you make.

Our local team members can help you learn more about these programs in your area and help you apply if you qualify. We can also answer your questions and provide information. Even if you can't get support from these programs, we may be able to assist you in finding other ways to save money. Our services are always free.

Contact us for local help.

Eldercare Locator Eldercare.acl.gov 800-677-1116



The Eldercare Locator is a public service of the Administration on Aging (AoA), an agency of the U.S. Administration for Community Living. Learn more at ACL gov.