

December 2017

Senior dining...



- 1 Fri: Chicken Breast Parmesan, Penne Pasta w/Marinara, Squash Medley, French Bread, Chilled Peaches, Chef's Fruit
- 4 Mon: Sliced Bavarian Style Bratwurst, Diced Parslied Potatoes, Carrots, Rye Bread, Fresh Melon, Cream of Cauliflower
- 5 Tue: **Chicago Hot Dog w/Bun OR Turkey Pasta Salad w/Shell Rigate & Crackers,** Lettuce & Tomato , Tomato Lentil Soup, Gramma's Apple Bar, Pineapple Orange Salad
- 6 Wed: Beef & Cabbage Casserole, Green Beans, Mixed Green Salad, Corn Bread, Fruit Cocktail, Chef's Choice
- 7 Thu: Veal Marsala, Scalloped Potatoes, Stewed Tomato, Multi-Grain Dinner Roll, Chilled Pears, Beet Salad
- 8 Fri: Potato Crusted Fish Filet, Baked Potato, California Blend Vegetable, Wheat Bread, Lemon Mandarin Pudding, Coleslaw
- 11 Mon: Buttermilk Pancakes, Breakfast Sausage, Glazed Apples, Orange Juice, Chilled Peaches, Hard Boiled Egg
- 12 Tue: **Meatball Sandwich w/Bun OR Sliced Turkey Roll Up w/Spinach & Cheddar on Soft Wheat Tortilla,** Lettuce & Tomato, 15 Bean Soup, Banana, Applesauce
- 13 Wed: Slow Roasted Beef & Gravy, Mashed Potatoes, Brussel Sprouts, Multi-Grain Bread, Chilled Pears, Ranger Cookie, Tomato Florentine Soup
- 14 Thu: Chicken Tenders in Country Gravy, Bread Stuffing, Sweet Potato Mashed, Northwest Blend Vegetables, Cran-Applesauce, Pea Salad
- 15 Fri: Hearty Vegetable Stew, Rotini Marinara, Hot Bean Medley, Garlic Bread, Fruit Cup, Mixed Salad Greens
- 18 Mon: Baked Meatloaf w/Country Gravy, Cauliflower Mashed Potatoes, Peas & Onions, Whole Wheat Roll, Pineapple Tidbits, Garden Tomato Soup
- 19 Tue: **Fish Sandwich on Wheat Roll OR Caprese Pasta Salad w/Grilled Chicken,** Romaine Leaves & Tomato, Split Pea Soup, Chef's Choice Fruit, Coleslaw
- 20 Wed: Baked Ham w/Cran-Raisin Sauce, Roasted Diced Potatoes, Mixed Vegetables, Rye Bread, Pie, Vegetable Gumbo Soup
- 21 Thu: Cheese Omelette, Biscuit & Sausage Gravy, AppleJuice, Fruit Yogurt, Fresh Orange
- 22 Fri: **Closed in Observance of Christmas**
- 25 Mon:**Closed in Observance of Christmas**
- 26 Tue: **Cheeseburger OR Deviled Egg Salad,** Sliced Wheat Bun, Lettuce & Tomato, Tomato Soup, Chilled Pears & Cranberries, Pea Salad
- 27 Wed: Salisbury Steak & Gravy, Mashed Potato, Harvard Beets, Multi-Grain Dinner Roll, Pineapple Tidbits, Vegetable Lentil Soup
- 28 Thu: Hot Dog w/Wheat Bun, Oven Fries, Country Blend Vegetable, Banana, Navy Bean Soup

dining sites...

LOCATIONS

Serves at Noon M-F

Westosha Community Center
19200 93rd Street-Bristol
Call Ken at 262-358-5554

New Life Bible Church
112 W Main-Twin lakes
Call Diana at 262-358-5779

Serves at 11:45 a.m.

Kenosha Senior Center
2717 67th Street
Call Deb 262-658-9311

Parkside Baptist Church
2620 14th Place
Call Sean at 262-552-7737

Serves at 11:30 a.m.

Lakeside Towers
5800 3rd Avenue
Call O. B. at 262-654-0103

Serves at Noon Fridays Only

Rainbow Lake Manor
19900 128th Street-Bristol
Call Jennifer at 262-358-5554

Serves at 12:15 p.m. Wednesdays Only

Boys & Girls Club
1330 52nd Street
Call Diana at 262-658-0237

Serves at 11:30 a.m. Mon-Wed-Fri

The Sharing Center
25700 Wilmot Road (Hwy. C)
Call Julie at 1-262-948-9890

Which Bread Is "Whole"?

Brown or the multigrain bread is not necessarily whole-grain. The rich brown color may come from caramel coloring, not from whole-grain flour.

For the record, if it's labeled "whole wheat," bread must be made from 100 percent whole-wheat flour. However, "wheat bread" may contain some refined white flour. Proportions vary. Oat, corn, and rye flours are whole-grain, too.

To find bread with more fiber, check two spots on the label:
1. Nutrition Facts for fiber content. A slice of whole-wheat bread has about 2 grams of fiber unless fiber-fortified; a slice of white, about 0.6 grams of fiber. (Daily fiber advice is: men, 30 to 38 grams; women, 21 to 25 grams, depending on age. Kids' levels are figured as age plus five—that's 18 grams for someone age 13.)

2. Ingredient list for whole-wheat or other whole-grain flours. They should be first or second on the list.

If you pack an autumn picnic next weekend, make sandwiches with:

Rye bagel, layered with lean turkey ham, Cheddar cheese, shredded cabbage, and mustard

Crusty oatmeal bread, filled with salmon salad and baby spinach leaves

Whole-wheat hot dog buns, wrapped around grilled lean sausages, topped with salsa.

Source: *365 Days of Healthy Eating from the American Dietetic Association* (Wiley 2004), Roberta Larson Duyff, MS, RD, FADA, CFCS

Visit

http://www.eatright.org/Public/ProductCatalog/SearchableProducts/104_17821.cfm to purchase a copy of this book.

- * All meals include soup or salad, dessert and beverage.
- * Meals are offered on a donation basis. Suggested donation of \$3.00
- * Open to anyone age 60+ and a spouse regardless of age.

RESERVATIONS

Reservations must be made by 10:30 a.m. at least 24 hours, one business day in advance. Monday cancellations must be called in the Friday before.

Special Diets

Available at all dining sites. Please ask for additional information

