MILWAUKEE COUNTY SENIOR DINING

INDIAN COUNCIL OF THE ELDERLY

944 N. 33rd STREET



(414)933-1401

FOR IN-PERSON DINING

DECEMBER

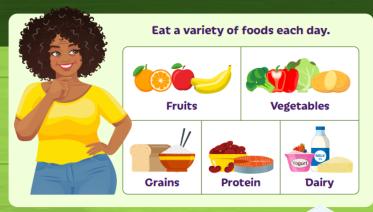


MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
SALAD BAR	2	3	4	SALAD BAR 5	SALAD BAR	6
Shepherd's Pie				BBQ Chicken	Ricotta Stuffed Shells	
Corn				Mashed Potatoes	Sausage Marinara	
Biscuit				Baked Beans	Mixed Vegetables	
Fruit Cup				Dinner Roll	Garlic Bread	
Cookie				Peaches	Fresh Fruit	
SALAD BAR	9	10	11	CLOSED 12	SALAD BAR	13
Grilled Cheese				OUTING:	Boneless Pork Ribs	
Tomato Soup				OUTING.	Sweet Potatoes	
Green Beans				Christmas	Collard Greens	
Juice				Play	Cornbread	
Clementine				,	Baker's Choice	
SALAD BAR	16	17	18	SALAD BAR 19	SALAD BAR	20
Chicken Salad Wrap				Hunter's Stew	Bison & Beef Chili	
Chicken Ramen Soup				Sauerkraut	Corn Pudding	
Coleslaw				Pierogi	Sourdough Bread	
Juice				Banana	Applesauce	
Jello				Cake	Cookie	
SALAD BAR	23	24	25	SALAD BAR 26	SALAD BAR	27
Mostaccioli Bake				Baked Ham	Swedish Meatballs	
w/Italian Sausage				Mashed Potatoes	Egg Noodles	
Chef's Vegetables				Green Beans	Broccoli Florets	
Italian Bread				Rye Bread	Dinner Roll	
Fresh Fruit				Pudding	Cake	
Pie				, and the second		
SALAD BAR	30	31	RE	SERVATIONS	Suggested Contributi	ion I
Turkey & Gravy				PREFERRED	\$3.0	
Stuffing					45.0	
Baby Peas			P	LEASE CALL		
Juice					700	4
Creamy Fruit Cup			414.93	3.1401		
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Follow these tips to help you maintain a healthy weight, get needed nutrients, and lower your risk of developing certain diseases.



Read food labels to learn what's in your food.

Choose foods that don't have a lot of sugar, saturated fats, and sodium.



Nutrition Facts



Be aware of how many calories you need per day.

Women	60+	Men 60+		
Physical activity	Calories	Physical activity	Calories	
Not active	1,600	Not active	2,000-2,200	
Moderately active	1,800	Moderately active	2,200-2,400	
Very active	2,000-2,200	Very active	2,400-2,600	

Learn more about healthy eating as you age at www.nia.nih.gov/healthy-eating.



4 Things To Know About Depression & Older Adults

Keep a food diary to track what you eat.

Depression is a common problem among older adults, but it is not a normal part of aging. It can affect the way you feel, act, and think.



Depression can be treated.

It's important to seek help early on.

Signs and symptoms of depression vary.

For some older adults with depression, sadness may not be their main symptom.

Friends and family can help offer support.

They can help watch for symptoms and encourage treatment.



Living a healthy lifestyle can help reduce feelings of depression.

This may include eating a balanced diet and being physically active.

To learn more, visit www.nia.nih.gov/depression.







