

CHOICE MENU EXAMPLES

October 2023

By changing from a single option menu to a choice menu, it is possible to increase meal site participation and gain more satisfied participants. The following choice menu examples are from aging nutrition programs across the country. These examples can serve as inspiration on how a choice menu could be implemented.

Within this document you will find the following choice menu examples:

- The menu from [WesleyLife Meals on Wheels](#) offers main entrée options (A and B) each day as well as the option of a Deli Meal, which changes each week.
- [Milwaukee County Senior Dining](#) offers several dining options including Dine Out for older adult community members. Dine Out is a restaurant-based dining program partnering with local restaurants to provide culturally diverse options.
- The [City of Santa Clara](#) in California offers a changing daily entrée as well as two additional entrees that rotate weekly.
- [City of Surprise, Arizona, Human Service & Community Vitality](#) offers a choice of Deli sandwich or salad or a choice of Chef salad or salad several days each week to provide variety.



**Nutrition and Aging
Resource Center**



• WesleyLife Meals on Wheels

WesleyLife Meals on
Wheels - November
2023

Route : _____

Menu Instructions: Please circle your choices and return by _____
or as soon as possible. Mark an "X" over the day to CANCEL. Write "DELI" over
the day to choose the deli option.

First and Last Name: _____

DELI MEALS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>This Week's Deli Meal</i>							
Asian Chicken Salad*			(A) Sweet & Sour Meatballs		(A) Salisbury Steak w/Gravy	(A) Pineapple Glazed Ham	(A) Sliced Pork Loin
*Chicken, Mixed Salad Greens, Cucumbers, Mandarin Oranges, Chow Mein Noodles, and Wheat Crackers			Confetti Rice		Roasted Potatoes	Buttermilk Mashed Potatoes	with Brown Gravy
Fresh Seasonal Fruit			Broccoli		Brussels Sprouts	Green Peas	Macaroni & Cheese
Rice Krispie Treat			Wheat Roll		Cornbread	Multi-Grain Bread	Glazed Carrots
Milk			Fortune Cookie		Fresh Seasonal Fruit	Applesauce	Wheat Bread
			Milk		Milk	Milk	Orange Juice
			Margarine		Margarine	Margarine	Milk
			(B) Teriyaki Chicken		(B) Potato Crusted Pollock	(B) Creole Beef	(B) Garlic Rosemary Chicken
<i>This Week's Deli Meal</i>							
Krab Salad	(A) Honey Ginger Chicken	(A) Potato Crusted Fish	(A) Hamburger Patty	(A) Chicken with	(A) Vegetarian Lasagna	(A) Beef Patty	(A) Chicken Brunswick Stew
Corn Salad	Glazed Yams	Steamed Rice	Lettuce, Tomato, & Onion	Peppers & Onion	Casserole	with Brown Gravy	Steamed Rice
Naan Bread	Mixed Vegetables	Green Beans	Roasted Potatoes	Lettuce & Tomato	Broccoli	Glazed Yams	Green Beans
Fresh Seasonal Fruit	Wheat Bread	Wheat Roll	Garden Vegetable Blend	Lemon Rice	Garlic Breadstick	Mixed Vegetables	Wheat Roll
Honey Bun	Fresh Seasonal Fruit	Turtle Cookie	Wheat Hamburger Bun	Zucchini	Honey Bun	Wheat Bread	Orange Juice
Milk	Milk	Milk	Fresh Seasonal Fruit	Flour Tortilla	Chocolate Milk	Applesauce	Milk
	Margarine	Margarine	Milk	Fresh Seasonal Fruit		Milk	Margarine
			Mayonnaise	Milk		Margarine	
	(B) Beef Patty	(B) Chicken Stew	(B) Brat Patty	(B) Gyro Meat	(B) Turkey Tetrazzini	(B) Honey Ginger Chicken	(B) Szechuan Pork
	with Brown Gravy						

PLEASE NOTE: To change your menu option, cancel a meal, or are unable to be home for delivery, please call 515-699-3240 by 11:00 the prior business day to avoid a fee.
 Entree contains >700 mg Sodium CHO Denotes grams of Carbohydrate Denotes pork in recipe

MILWAUKEE COUNTY SENIOR DINING

Welcome!



**For Curbside Pick-up at Antigua: 6207 W. National Avenue until it is safe to Dine*



*Because good nutrition improves quality of life.
Because it is important to have culturally diverse options.
Because supporting small business strengthens the community.*



WEDNESDAY
11:30 AM

For Anyone 60+ (verified w/photo ID)
Completed Registration Form
Make Reservation (24-Hour Notice)
→ Choose Option 1 or 2
Pick-up Meal 11:30 AM
Consider Making a Contribution
Enjoy Meal!

LUNCH: OPTION 1



Soup
Caldito Xochit
Vegetables & Rice
House Salad
Fruit
Milk or Juice

LUNCH: OPTION 2



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

→ **Call for Reservations: (414) 391-9009**

Antigua: 6207 W. National Avenue, West Allis, WI 53214



Name: (Please Print) _____

1367 Registration Card: Yes / No


 <h2 style="text-align: center; color: orange;">October 2023 - Dining Out Participant Menu</h2> 				
Monday	Tuesday	Wednesday	Thursday	Friday
10/2/23	10/3/23	10/4/23	10/5/23	10/6/23
Chick w/Ginger Scallion Sauce <input type="checkbox"/>	Veg. Meatballs w/Kofta Curry Sauce <input type="checkbox"/>	Turkey Vegetable Stew <input type="checkbox"/>	Roast Pork w/ Apple Chutney <input type="checkbox"/>	Garlic Rosemary Chicken <input type="checkbox"/>
Turkey & Cranberry Sand <input type="checkbox"/>	Turkey & Cranberry Sand <input type="checkbox"/>	Turkey & Cranberry Sand <input type="checkbox"/>	Turkey & Cranberry Sand <input type="checkbox"/>	Turkey & Cranberry Sand <input type="checkbox"/>
Spinach, Cran, Walnut & Egg Salad <input type="checkbox"/>	Spinach, Cran, Walnut & Egg Salad <input type="checkbox"/>	Spinach, Cran, Walnut & Egg Salad <input type="checkbox"/>	Spinach, Cran, Walnut & Egg Salad <input type="checkbox"/>	Spinach, Cran, Walnut & Egg Salad <input type="checkbox"/>
10/9/23	10/10/23	10/11/23	10/12/23	10/13/23
 National Indigenous Peoples Day	Sweet & Sour Pork <input type="checkbox"/>	Chicken Chimichurri <input type="checkbox"/>	Fish Vera Cruz <input type="checkbox"/>	Beef & Turkey Enchalada <input type="checkbox"/>
	Tuna Salad Sand <input type="checkbox"/>	Tuna Salad Sand <input type="checkbox"/>	Tuna Salad Sand <input type="checkbox"/>	Tuna Salad Sand <input type="checkbox"/>
	Hummus Wrap <input type="checkbox"/>	Hummus Wrap <input type="checkbox"/>	Hummus Wrap <input type="checkbox"/>	Hummus Wrap <input type="checkbox"/>
10/16/23	10/17/23	10/18/23	10/19/23	10/20/23
Garbanzo Bean Stew <input type="checkbox"/>	Creamy Tuscan Chicken <input type="checkbox"/>	Beef Stroganoff w/ Pasta <input type="checkbox"/>	BBQ Breaded Chicken Sand. <input type="checkbox"/>	Baked Fish w/ Lemon Sauce <input type="checkbox"/>
Chef Salad <input type="checkbox"/>	Chef Salad <input type="checkbox"/>	Chef Salad <input type="checkbox"/>	Chef Salad <input type="checkbox"/>	Chef Salad <input type="checkbox"/>
Mediterranean Salad <input type="checkbox"/>	Mediterranean Salad <input type="checkbox"/>	Mediterranean Salad <input type="checkbox"/>	Mediterranean Salad <input type="checkbox"/>	Mediterranean Salad <input type="checkbox"/>



OCTOBER 2023 MENU SURPRISE SENIOR CENTER



PLEASE BE SEATED prior to 11:45am

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Chef Salad -or- Soup of the Day BBQ Beef Corn/Peppers Mac & Cheese Fruit	Deli Sandwich -or - Salad Chicken Teriyaki Oriental mix veggies Brown Rice Fruit	Chef Salad -or- Soup of the Day Bratwurst w/Sauerkraut Potatoes Broccoli Fruit	Salad Fried Shrimp Mixed Veggies Wedge Potatoes Fruit	Chef Salad -or- Soup of the Day Beef Chili w/Baked Potato Succotash dessert
9	10	11	12	13
Chef Salad -or- Soup of the Day Chicken Fajita Pinto Beans Bermuda Veggies Fruit	Deli Sandwich -or - Salad Ham Salad slider Fresh Veggies Fruit	Chef Salad -or- Soup of the Day Shrimp w/Rice Caribbean Mixed Veggies Fruit	Salad Shepherd's Pie Cauliflower Fruit	Chef Salad -or- Soup of the Day Creamy Chicken & Biscuits Broccoli Au Gratin Fruit
16	17	18	19	20
Chef Salad -or- Soup of the Day Pork Chop w/Garlic Sauce Peas Mashed Potatoes Fruit	Deli Sandwich -or - Salad Fish Taco Corn & Black Beans Fruit	Chef Salad -or- Soup of the Day Open Face Pot Roast Sandwich Carrots Wedge Potatoes Fruit	Salad Chicken w/mushroom cream sauce California mix veggies Brown Rice Fruit	Chef Salad -or- Soup of the Day Tex-Mex beef & Potato Skillet Chuck wagon Corn Fruit
23	24	25	26	27
Chef Salad -or- Soup of the Day Baked Salmon Normandy Mix Rice Fruit	Deli Sandwich -or - Salad Swedish Meatballs Mashed Potatoes Peas & Carrots Fruit	Chef Salad -or- Soup of the Day Chicken in Tomato Vegetable Sauce Pasta Asparagus Fruit	Salad Italian Sausage w/Potato Dumplings Brussel Sprouts Italian Mixed Veggies Fruit	Member Appreciation BBQ Grilled Burgers Grilled Hot Dogs Served with All the Fixings
30	31			
Chef Salad -or- Soup of the Day Meatball Sub Chef's Choice Veggies Fruit	Deli Sandwich -or - Salad Orange Chicken Cauliflower Oriental Mixed Veggies Brown Rice	To reserve your lunch, please call By <u>12 noon TWO</u> <u>business days</u> before your selected day, <i>same</i> for cancelations 623-222-1500	Meals provided by Banner Olive Branch. Meals are Sponsored in part by  AREA AGENCY ON AGING REGION ONE, INCORPORATED	Menu is subject to change without notice All meals are served with 2% milk