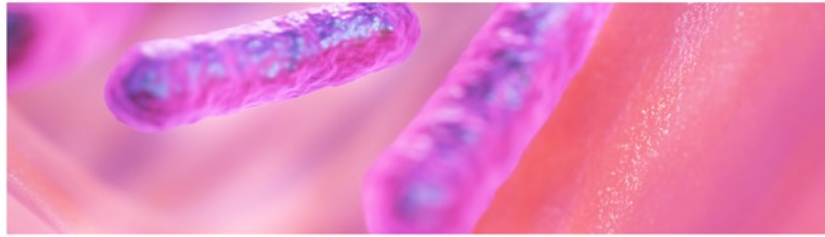


# May 2025, Kenosha County Meals on Wheels

KAC-MOW

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
		<b>Menu Subject To Change without Notice</b>	Salsa Chicken Black Beans Corn, Fruit, Bread	Mostaccioli & Meatballs Broccoli, Peas Fruit, Roll
5	6	7	8	9
Rib Sandwich Mac & Cheese Carrots, Fruit	Chicken Tetrazzini Red Beans, Spinach Fruit, Roll	Beef Steak Brown Rice Carrots, Roll, Fruit	Chicken Allison Veg. Risotto Corn, Fruit, Bread	Tomato Basil Chicken Potato, Broccoli Fruit, Roll
12	13	14	15	16
Chicken Parmesan Garlic Pasta Cali Veggies Fruit, Roll	Hot Dog Wedges Corn Fruit	Bratwurst Baked Beans Mac & Cheese Fruit	Turkey Burger Broccoli Zucchini Fruit	Chicken Stroganoff Carrot, Red Beans Fruit, Roll
19	20	21	22	23
Chicken Cordon Bleu Spinach Risotto Black Beans Fruit, Bread	Tropical Chicken White Rice Peas Fruit, Bread	Baked Ham Mashed Potatoes Tomato, Corn Fruit, Roll	Glazed Chicken Potato, Broccoli Fruit, Bread	Chicken Fajitas White Rice Carrots, Fruit Tortilla
26	27	28	29	30
<b>CLOSED HOLIDAY</b>	Swiss Burger Tater Tots Green Beans, Fruit	Chicken Allison Spinach Risotto Broccoli, Roll, Fruit	Chicken Breast Stuffing & Gravy Corn, Fruit, Roll	Hamburger Wedges, Peas Fruit



## SAFE FOOD - SAFE YOU

Keeping your food safe is the easiest way to keep you healthy and prevent foodborne illnesses. According to the Centers for Disease Control (CDC), 48 million Americans get sick, 128,000 are hospitalized and 3,000 die each year due to foodborne illnesses.

The most important thing you can do to help prevent foodborne illness is to wash your hands. Use warm water with soap and scrub for at least 30 seconds. You can sing the ABCs once or Happy Birthday twice to help you know how long to wash your hands. Be sure you wash the back of your hands, under rings as well as under your fingernails. Be sure to use your elbow or a paper towel to turn off the water to prevent recontamination.

Pathogens grow most in temperatures between 41° to 135°. It's known as the temperature danger zone. It's important that we keep cold foods cold and hot foods hot. This is important to remember as picnic season begins! When meal times are complete you should put the leftovers in the refrigerator as soon as possible to limit pathogen growth. If you get meals delivered and aren't going to eat them right away be sure to put them in the fridge.

If you are cooking at home it's important to know about proper cooking temperatures. The second thing you can do is to make sure that you are cooking your food to the correct minimum internal temperature as shown on a food thermometer.

By cooking to the required temperatures you are killing any pathogens that may be present that could make you sick.



Product	Minimum Internal Temperature & Rest Time
Beef, Pork, Veal & Lamb Steaks, chops, roasts	145 °F and allow to rest for at least 3 min.
Ground Meats	160 °F
Ground Poultry	165 °F
Ham, fresh or smoked (uncooked)	145 °F and allow to rest for at least 3 min.
Fully Cooked Ham (to reheat)	Reheat cooked hams packaged in USDA-inspected plants to 140 °F and all others to 165 °F.
All Poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets, and stuffing)	165 °F
Eggs	160 °F
Fish & Shellfish	145 °F
Leftovers & Casseroles	165 °F

**Looking for more Nutrition Education?**  
 Scan the QR Code with your phone's camera or go to the link below for this month's edition of Ask Emily! You can also find the previous months' videos too.



<https://tinyurl.com/yfn9txnw>

**Eastern Kenosha County**  
Kenosha Senior Center (KSC)  
 In Person Dining,  
 Meals served 11:30 am, M-F,  
 2717 67th Street  
 Call Ashley at 262-351-6246

Parkside Redeemer Church (PSB)  
 In-Person Dining  
 Meals Served at 11:30 am, M-F  
 2620 14th Place  
 Call Sean at 262-552-7737

Lakeside Towers (LST)  
 In-Person Dining  
 Meals are served at 11:00, M-F  
 5800 3rd Avenue  
 Call Tonya at 262-455-7919

**Western Kenosha County**  
Westosha Senior Community Center (WES)  
 In-Person Dining  
 Meals Served at 11:30, M-F  
 19200 93rd Street, Bristol, WI  
 Call Cindy at 262-358-5554

**Regular Senior Dining Sites/Days**  
 \* Meals include dessert and beverage  
 \* Meals are offered for a suggested donation of \$5.00  
 \* Open to anyone age 60+ and a spouse regardless of age.  
 \* Reservations must be made by 10:00 a.m. at least 24 hours, one business day in advance.

Village Pub of Silver Lake  
 307 N Cogswell Drive - Silver Lake  
 Call Diana at 262-358-5779  
 Served W, F 11:30 - 1:00

Reservations needed by 10:30 am of the prior day. Two meals provided for a suggested donation of \$10.