

September 2026, Kenosha County Meals on Wheels

KAC MOW

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Pesto Chicken Black Beans Prince Charles Veg. Fruit, Roll	Turkey Burger Sweet Potato Fries Tomatoes, Fruit	BBQ Chicken Veg. Rice Carrots Fruit, Roll	Beef Hot Dog Tater Tots Broccoli & Cauliflower Fruit
7	8	9	10	11
LABOR DAY CLOSED	BBQ Rib Sandwich Beets, Corn Fruit	Glazed Ham Mashed Potatoes Cali. Veg Bread, Fruit	Chicken Parmesan Garlic Noodles Broccoli Fruit, Roll	Chicken Pot Pie Tomatoes Prince Charles Veg. Fruit, Bread
14	15	16	17	18
Turkey Tetrazzini Carrots, Corn Fruit, Roll	Chicken & Noodles Beets, Black Beans Fruit, Bread	Meatballs Rice, Broccoli Roll, Carrots Fruit	Lasagna Prince Charles Veg. Fruit, Roll Corn	Chicken Marsala Risotto, Tomatoes Fruit, Roll
21	22	23	24	25
Mostaccioli & Meatballs Broccoli Black Beans, Fruit Roll	Chicken Rice, Tomatoes Roll, Fruit	Chicken Sandwich Veg. Rice Carrots, Fruit Bread	Chicken Stir Fry Rice, Corn Fruit, Bread	Hamburger Wedges, Peas Fruit
28	29	30		
Chicken & Dumplings Brussel Sprouts Prince Charles Veg. Fruit, Roll	Pork Stuffing w Gravy Corn, Fruit Bread	Sloppy Joes Mac & Cheese Carrots, Fruit	MENU SUBJECT TO CHANGE WITHOUT NOTICE	



www.kafasi.org

RIEDLER'S RECS

For a Healthy Lifestyle

Volume 35- September 2026



262.658.3508

MALNUTRITION AWARENESS



Malnutrition occurs when your body does not get the proper nutrients and energy that it needs. It can occur when one does not have enough to eat or it cannot properly break down the food to utilize the nutrients. Malnutrition is seen all over the world. Those with chronic health conditions such as diabetes, heart disease, dementia, or cancer may be at greater risk for malnutrition.

Malnutrition can have **side effects** to your overall health. In older adults these include: less independence, higher risk of falls and broken bones, increased risk of infections, more frequent and longer hospital stays, and a higher risk of death.

Early detection of malnutrition is important to help treat and prevent lasting effects. **Signs of malnutrition** include:

- sudden unexpected weight loss
- slow healing wounds
- loss of appetite
- tired or fatigued feeling
- muscle weakness
- frequent nausea, vomiting or diarrhea,
- swelling in ankles, legs or belly
- getting sick often

You can **prevent** malnutrition through a variety of different ways by:

- Purchasing food that is easy to prepare and rich in protein and calories. Examples of this includes milk, beans and eggs.
- Making meals a social event is simple way to help combat malnutrition. Those individuals that come to our congregate dining sites are benefitting from gathering with others for meals.
 - If you are unable to attend one of these sites, you could invite

a friend or family member to join you for your meal that is delivered. If your family lives farther away and you have the capability to do so a video call is a great alternative.

- Eating smaller, more frequent meals each day instead of larger meals.
- Going on walks to build strength and building muscles by lifting weights or using resistance bands.
- If you have a decreased appetite and consuming less, an oral nutrition supplement is an easy way to consume protein, calories and other nutrients essential to your health.

Did you know? The meals provided to you through congregate dining or home delivered meals are planned to meet the needs of an aging population at risk of malnutrition. According to ASPEN, a study conducted on home delivered meal clients saw a decrease of 81% of malnutrition! You are on the right track to helping decrease your malnutrition risk by participating.

If you have concerns about malnutrition please speak with your licensed medical practitioner.

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>

OPEN-FACED FRIED EGG AND SPINACH SANDWICH

Courtesy of brainandlife.org ; Serves 2

Ingredients

- 2 slices whole wheat bread
- 3 tablespoons olive oil, divided
- ¼ cup diced red onion
- 2 garlic cloves, minced
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ teaspoon curry powder
- ¼ teaspoon ground cumin
- 4 cups packed (about 4 oz) roughly chopped baby spinach
- 2 teaspoons lemon juice
- 2 large eggs



Instructions

1. In a toaster or toaster oven, toast bread until lightly browned.
2. In a medium skillet, warm 2 tablespoons olive oil over medium heat. Add onion and cook for one minute. Add garlic, salt, pepper, curry powder, and cumin and stir to combine. Cook for one minute, stirring occasionally. Add spinach and lemon juice and cover pan to steam spinach. Cook two to three minutes, stirring occasionally, until spinach has completely wilted. Transfer mixture to bowl.
3. Return skillet to medium heat and add remaining tablespoon olive oil. Crack eggs into pan and keep them separate. Cook for three minutes, until egg whites are mostly set. Carefully flip each egg and cook for an additional minute for over easy eggs, or until yolks are cooked to desired doneness. Turn off heat.
4. To assemble, place one piece of toast on each plate, divide spinach mixture evenly between pieces of bread, and top each with a fried egg. Serve immediately.