


Department of Health & Human Services
Montgomery County Senior Nutrition Program
Gaithersburg Senior Center January 2012

The meal cost is **\$6.00**. For people age 60 and over and spouses of any age, a voluntary contribution is requested. Guests under age 60 must pay the full cost of the meal. Please contribute as much as you can – contributions are used to serve more meals.


Milk and coffee or tea are served with every meal. Each meal provides 1/3 of the Dietary Reference Intakes (nutrients needed every day) for older adults and meets the Dietary Guidelines for Americans*.

Meal reservations and cancellations are to be made at the nutrition site. Cancellations are needed no later than 2:00 p.m. the day before. For information about the Senior Nutrition Program, call 301-258-6380.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
New Year's Holiday	3 Beef and Bean Burrito Warm Tortilla Brown Rice Tossed Salad Orange	4 Tomato Soup Tuna Noodle Casserole Tossed Salad Rye Bread Fresh Fruit Cup	5 Orange Pineapple Juice Stir Fried Chicken (chix, carr, pep, onions) Brown Rice Whole Wheat Roll Fruited Gelatin	6 Orange Juice Spaghetti With Meat Sauce Garden Salad Whole Wheat Bread Banana
9 Chicken Salsa Over Brown Rice Green Beans Garden Salad Whole Wheat Bread Orange	10 Sliced Pot Roast Mashed Potatoes Broccoli, Carrots, Cauli Tossed Salad Whole Wheat Bread Banana	11 Baked Fish Asian Ginger Sauce Brown Rice with Walnuts Honey Carrots Broccoli Slaw Rye Bread Pear Crisp	12 Minestrone Soup Turkey Sandwich Half Lettuce, Tomato, Cuc Whole Wheat Roll Honey Baked Apple	13 Meatloaf Mash Potatoes/Gravy Cauliflower Green Salad Whole Wheat Roll Diced Peaches
 No Lunch	17 Salmon Cakes Roasted Potatoes Brussels Sprouts Vegetable Salad Whole Wheat Bread Pineapple Tidbits	18 Chicken Quesadilla (tortilla, chicken, cheese, onions, peppers) Rice with Black Beans Tossed Salad Fresh Fruit Cup	19 Beef Vegetable Stew on Noodles Tossed Salad Pumpernickel Bread Orange	20 Vegetable Soup Grilled Chicken on a Bun Lett, Tom, Cuc Fresh Fruit

Please turn page for remainder of menu and **Nutrition Notes**

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23 VegetableBean Soup Chicken Salad Sandwich Half Tomato&Cuc Slices Whole Wheat Bread Peaches	24 Beef Fajitas Whole Wheat Tortilla Salsa/Corn BrownRice with Beans Garden Salad Banana	25 Apple Juice Turkey Bean Chili Spinach Salad Corn Muffin Tropical Fruit	26 Orange Pineapple Juice Hamburger on a Whole Wheat Bun Lett, Tom, Cucumber Apple Crisp	27 Orange Juice Baked Fish Brown Rice/Peas Glazed Carrots Wh Wheat Bread Fruited Gelatin
30 Swedish Meatballs Brown Rice/Gravy Italian Veg Blend Field Greens Wh. Wheat Bread Orange	31 Navy Bean Soup Tuna Salad Sand Half On Whole Wheat Lett, Tom, Pepper Carrot Raisin Salad Canned Pears		<p>When Montgomery County Schools are closed, there is no lunch served.</p> <p>Please Listen to the Radio!</p>	

Nutrition Notes:Starting the Year off Right with Healthy Eating!



New Year's resolutions often go astray after a few weeks, or even days. This year, instead of resolving to "lose weight" or "eat healthier", be more specific. Here are a few tips to get the year off on the right foot ...

- 1. Be sure to make at least half of your grains whole grains. Try brown rice, whole wheat bread, whole wheat pasta, quinoa, and barley, for example.***
- 2. Vary your vegetables. Brighten your plate with lots of colors from romaine, beets, carrots, cauliflower, purple cabbage. The more color, the better for your health!***
- 3. Make sure that half your plate is covered with vegetables and fruits.***
- 4. Out and need a snack? Make a habit of bringing a snack with you...a handful of almonds, a piece of fruit, string cheese and whole grain crackers, perhaps.***
- 5. Read the Nutrition Facts label. If the Daily Value of a serving of food has 5% or less, it is not a good source of that nutrient. 20% or more means that the food is a good source of that nutrient.***
- 6. Look out for sodium. The newest recommendation for people over the age of 50 is a limit of 1500 mg. per day. Note that that amount is not from your salt shaker, but more likely, from processed foods. Read the label.***


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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chicken Marsala Over Egg Noodles Glazed Carrots Garden Salad Pumpernickel Bread Mandarin Oranges	2 Meatloaf/Gravy Mashed Potatoes Cauliflower Tossed Salad Whole Wheat Bread Fresh Fruit	3 Breaded Scrod Bkd Potato/SrCrm Green Beans Green Salad Wh Wheat Bread Pineapple Tidbits
6 American Chop Suey (ground beef, macaroni, tomato sauce) Broccoli Green Salad Whole Wheat Bread Fresh Fruit	7 Quesadilla (tortilla, cheese, peppers, salsa, onions) Rice with Beans Tossed Salad Canned Pears	8 Honey Must Chicken Brown Rice Pilaf Chopped Kale Garden Salad Rye Bread Apple Crisp	9 Lemon Pepper Fish Baked Potato/SrCrm Brussels Sprouts Tossed Salad Whole Wheat Bread Fruited Jello	10 Tomato Rice Soup Chicken Salad Sand Half Spinach Salad Canned Peaches
13 Southwest Turkey. Stew Over Brown Rice Green Beans Cole Slaw Whole Wheat Bread Canned Mixed Fruit	 14 Lemon Chicken Barley Pilaf Roasted Beets Tomato Cuc Salad Whole Wheat Roll Ice Cream w/ Strawberries	15 Orange Juice Spinach Quiche Three Bean Salad Whole Wheat Roll Mixed Fruit	16 Beef StirFry (beef, peppers, carrots, onions) Over Brown Rice Green Salad Whole Wheat Bread Baked Apple	17 Salmon Cakes Baked Potato Brussels Sprouts Tossed Salad Wh Wheat Bread Fruited Jello

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20  President's Day	21 <u>Mardi Gras Party</u> Cranberry Juice Oven Fried Catfish Cajun Spiced Potatoes Green Beans Toss Salad Whole Grain Bread Mardi Gras Cupcake/ Fruit	22 Turkey Tetrazzini Over Egg Noodles Glazed Carrots Tossed Salad Whole Wheat Bread Mandarin Oranges	23 Orange Juice Hamburger on Bun Lett, Tom, Cuc Green Beans Vinaigrette Apple Cobbler	24 Chicken Cacciatore Brown Rice Broccoli Garden Salad Italian Bread Fresh Fruit Cup
27 Oven Fried Chicken Mashed Potatoes Broccoli Tossed Salad Pumpnickel Bread Peaches	28 Meatballs w/ Spaghetti Brussels Sprouts Garden Salad Whole Wheat Bread Fresh Fruit Cup	29 Fish Chowder (fish, tomato, potatoes) Whole Grain Roll Tossed Salad Fresh Fruit	When Montgomery County Schools are closed, there is no lunch. (When schools open late, lunch is served)	

Nutrition Notes: Is Chocolate Really Good for You?



What better time to discuss chocolate than February?.....stores filled with chocolate treats for Valentine's Day, tempting hot chocolate as a warming treat, and new varieties of dark chocolate in candy stores, supermarkets, and even department stores!

Over the past few years, we have heard much about the potential benefits of eating chocolate. Studies continue, and there is no definitive answer as of yet as to whether chocolate is actually beneficial. But there are several factors that determine whether your chocolate choice might really improve your health.

So consider the following tips for healthful ways to include chocolate in your daily food plan:

- When purchasing chocolate, select the darkest available and the one with the highest percentage of cocoa, e.g. 80%. Dark chocolate is a good source of beneficial flavanols. The darker the chocolate, the more flavanols remain.*
- Avoid white and milk chocolate. They offer calories without health benefits.*
- Watch your portion size. Chocolate can contain a lot of calories...and gaining weight might just wipe out the benefits you might get from the healthy compounds in your dark chocolate treat.*
- 1 tablespoon of cocoa powder contains only 20 calories, less than 1 gram of fat, with a bit of iron, zinc, and magnesium. Use cocoa powder instead of baking chocolate in baked products, whenever possible.*
- Chocolate contains caffeine. Beware of chocolate desserts near bedtime!*