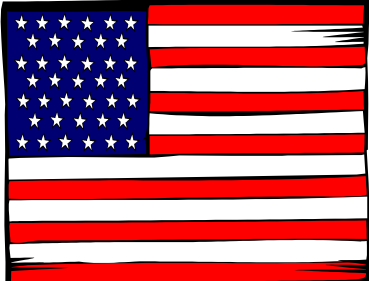


Department of Health & Human Services
Montgomery County Senior Nutrition Program
Gaithersburg Senior Center September 2010

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
<p style="text-align: center;">Diet, nutrition, and food questions? Call the Senior Nutrition Hotline! Speak directly to a Registered Dietitian Wednesdays, 9 – 11 am 240-777-1100</p>		<p style="text-align: center;">1 Orange Juice Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Glazed Carrots Whole Wheat Bread Fruited Gelatin</p>	<p style="text-align: center;">2 Apple Juice Chicken Patty Whole Wheat Bun Lettuce, Tom, Peppers Potato Salad Mandarin Oranges</p>	<p style="text-align: center;">3 Beef Fajitas (tortilla, beef strips, onions, peppers) Brown Rice/Salsa Garden Salad Fresh Fruit Cup</p>
	<p style="text-align: center;">7 Baked Fish/Lemon Sauce Herb Roasted Potatoes Glazed Carrots Tossed Salad Whole Wheat Bread Melon Cup</p>	<p style="text-align: center;">8 Spinach Quiche Tossed Salad w/ Chick Peas&Peppers Italian Bread Fresh Fruit</p>	<p style="text-align: center;">9 Honey Mustard Chicken Baked Potato Brussels Sprouts Tossed Salad Pumpernickel Bread Fruited Gelatin</p>	<p style="text-align: center;">10 Tomato Soup Turkey Salad “Mini-Subs” Carrot Raisin Salad Berry Cobbler</p>
<p style="text-align: center;">13 Sliced Turkey/Gravy Mashed Potatoes Mixed Vegetables Broccoli Slaw Pumpernickel Tropical Mixed Fruit</p>	<p style="text-align: center;">14 Vegetable Soup Hamburger on a Bun Lettuce, Tom, Pepper Pasta Salad Watermelon</p>	<p style="text-align: center;">15 Salmon Cakes Rosemary Rst Potatoes Broccoli Green Salad Whole Wheat Bread Peach Crisp</p>	<p style="text-align: center;"><u>Homecoming Luncheon</u> Chicken Espanola Rice with Beans Cauliflower Gr.Salad/Avocado/Lime Whole Wheat Bread Mango Fruit Cup</p>	<p style="text-align: center;">17 Cincinnati Chili With Beef and Beans On Spaghetti Green Beans Tossed Salad Cornbread Melon Wedge</p>

*All dishes are made with minimal fat & salt; gravies are fat-free, soups made from scratch. Whole grains & legumes are served often. Milk is fat-free.

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

Gaithersburg Senior Center September 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20 Chicken Marsala Over Noodles Broccoli Tossed Salad Whole Wheat Bread Fresh Fruit Cup	21 Asian Beef Stir Fry (beef, carr, onion, pep) Brown Rice Green Salad Whole Wheat Bread Mandarin Oranges	22 Chicken Quesadilla (tortilla, chix, cheese) Peppers and Onions Black Beans Tossed Salad Tropical Mixed Fruit	23 Penne w/ Meat Sauce Cauliflower Garden Salad Italian Bread Fresh Fruit	24 Minestrone Soup Half Tuna Salad on Rye Bread Broccoli Slaw Corn Salad Fresh Fruit
27 Swedish Meatballs Over Brown Rice Green Beans Garden Salad Whole Wheat Bread Mandarin Oranges	28 Open Faced Turkey Sand. On Whole Wheat Mashed Pot/Gravy California Veg Blend Tossed Salad Peach Crisp	29 Lemon Pepper Fish Roasted Potatoes Sesame Broccoli Green Salad Whole Wheat Bread Fruited Gelatin	30 Chicken Curry with Egg Noodles Honey Carrots Garden Salad Pumpnickel Bread Melon Cup	Don't forget to stop at your local Farmer's Market for late summer fresh vegetables!

Nutrition Notes..... Taste a Rainbow of Fruits and Vegetables!

Did you know that colorful fruits and vegetables have powerful substances that can protect your health? Be sure to include lots of fruits and vegetables of many colors in your diet every day!



Red. Strawberries, red peppers, watermelon, tomatoes, cherries, and beets.

Orange/ yellow. Carrots, sweet potatoes, mangoes, papaya, cantaloupe, apricots, and citrus fruits.

Green. Leafy green vegetables (including spinach, kale, chard, romaine lettuce), green peppers, and zucchini.

Blue/ purple. Blueberries, grapes, plums, prunes, and eggplant.

White. Cauliflower, bananas, onions, garlic, parsnips, turnips, and mushrooms.

Start with a colorful salad of spinach leaves, shredded carrots, tomato wedges, cucumbers, red onion, and peppers...or stir-fry a mixture of red peppers, snow peas, onions and garlic and serve over brown rice – a powerhouse of health protection!

By Reut Mushkat
University of Maryland, Dietetic Intern



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Diet, nutrition, and food questions? Call the Senior Nutrition Hotline! Speak directly to a Registered Dietitian Wednesdays, 9 – 11 am 240-777-1100		Most Farmers Markets are open through the end of October! Take advantage of tasty and fresh fall veggies and fruits...lots of winter squash, apples, pears, Brussels sprouts and lots more!		1 Squash Soup Hamburger on a Bun Lettuce, Tom, Cuc Cole Slaw Fresh Fruit Cup
4 Beef Burgundy Mashed Potatoes Broccoli Tossed Salad Italian Bread Peaches Melba	5 Orange Juice Chicken Tetrazzini Green Salad Whole Wheat Roll Baked Apple	6 Bean and Cheese Burrito Peppers and Onions Tossed Salad Fresh Fruit Cup	7 Cran Apple Juice Baked Fish/ Dill Sauce Brown Rice Pilaf Kale with Garlic Rye Bread Fresh Fruit	<u>German Day</u> Orange Juice Chicken Veg Eintopf Noodles Green Bean Salad Pumpernickel Bread Apple Kuchen
11 Orange Juice Veggie Pizza Tossed Salad with Chick Peas Pear Cobbler	12 Lemon Chicken Roasted Potatoes Broccoli Tossed Salad Whole Wheatl Bread Fresh Fruit	13 Vegetable Bean Soup Tuna Salad Sandw. Half On Rye Bread Cole Slaw Fruited Gelatin	14 Chicken StirFry (pepper, onion, carrot) Brown Rice Cauliflower w/Red Peprs Whole Wheat Roll Pineapple	15 Spaghetti/Meat Sauce Brussels Sprouts Garden Salad Italian Bread Tropical Fruit Cup

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18 Spanish Chicken Brown Rice Green Beans Garden Salad Whole Wheat Bread Melon	19 Roast Turkey Mash Potatoes/Gravy Broccoli, Carrots, Cauli Tsd Salad/Kidney Beans Whole Wheat Bread Fresh Fruit	20 Salmon Cakes Herb Rst Potatoes Italian Zucchini Cole Slaw Rye Bread Apple Crisp	21 Tomato Soup Chicken Patty on Whole Wheat Bun. Lett, Tom, Peppers Pears w/ Choc Drizzle	22 Cranapple Juice Meatloaf Baked Sweet Potato Garden Salad Whole Wheat Roll Fruited Gelatin
25 Baked Fish/Tartar Sauce Brown Rice Pilaf Stewed Tomatoes Tossed Salad Whole Wheat Bread Cinnamon Applesauce	26 Salisbury Steak/Gravy Mashed Potatoes Kale with Garlic Three Bean Salad Rye Bread Fresh Fruit Cup	27 Turkey Lo Mein (Turkey, Vegetables & Spaghetti) Garden Salad Whole Wheat Bread Pineapple Tidbits	28 Beef Veg Stew on Noodles Tossed Salad Pumpnickel Bread Orange	<u>Happy Halloween!</u> Orange Chicken Scary Sweet Potato Goblin Green Beans Tossed Salad Witches' Wheat Bread Halloween Cupcake Fresh Fruit

Nutrition Notes: Simple Strategies to Cut Down on Sugar.....

Whether you have diabetes or not, health experts agree that it's a good idea to cut down on sugar in your diet. Sugar contains 16 calories per teaspoon, so a teaspoon or two in your morning coffee does not add up to much. But consuming lots of cookies, cakes, pies, ice cream and/or candy and adding a few teaspoons to several cups of coffee each day can add lots of extra calories (with little or no nutritional advantages!). Here are some tips that can help you to identify and decrease foods with sugar:

- 1) Granulated sugar or table sugar is not the only sugar product.....others include brown sugar, molasses, corn sweetener, high fructose corn syrup, honey, raw sugar and other sugars ending in "-ose" such as dextrose and maltose. Look at the Nutrition Facts panel on prepared foods and select products that are low in sugar.
- 2) Enhance flavors with spices rather than sugar. Sprinkle cinnamon and nutmeg on oatmeal, for example.
- 3) Instead of sugary sodas and juice "drinks", try water, diet soda, seltzer with lime, and unsweetened teas with a splash of fruit juice.
- 4) Canned fruits should be packed in water or fruit juice rather than light or heavy syrup.
- 5) Enjoy a variety of fresh fruit for desserts. Try pureed fruit in recipes for baked goods for a portion of the sugar. Applesauce and pureed peaches are examples.

Cutting down on your sugar intake is one simple way to maintain a healthy weight without dieting!