

Department of Health & Human Services


Montgomery County Senior Nutrition Program

Gaithersburg Senior Center February 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 301-259-6380.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Breaded Scrod Baked Potato/SrCrm Green Beans Green Salad Whole Wheat Bread Pineapple Tidbits</p>	<p>2</p> <p>Honey Must. Chicken Brown Rice with Peas Broccoli Tossed Salad Rye Bread Fruited Jello</p>	<p>3</p> <p>Veg Bean Soup Turkey Sandwich On Whole Wheat Cole Slaw Canned Peaches</p>	<p>4</p> <p>Chicken Marsala Over Egg Noodles Glazed Carrots Garden Salad Pumpnickel Bread Mandarin Oranges</p>	<p>5</p> <p>Meatloaf/Gravy Mashed Potatoes Cauliflower Tossed Salad Whole Wheat Bread Fresh Fruit</p>
<p>8</p> <p>American Chop Suey (ground beef, macaroni, tomato sauce) Broccoli Green Salad Whole Wheat Bread Fresh Fruit</p>	<p>9</p> <p>Quesadilla (tortilla, cheese, peppers, salsa, onions) Rice with Beans Tossed Salad Canned Pears</p>	<p>10</p> <p>Lemon Chicken Winter Squash Chopped Kale Garden Salad Rye Bread Apple Crisp</p>	<p>11</p> <p>Lemon Pepper Fish Baked Potato/SrCrm Brussels Sprouts Tossed Salad Whole Wheat Bread Fruited Jello</p>	<p>12</p> <p><u>"High Tea"</u> Cream of Broccoli Soup Finger Sandwiches Green Salad w/ChkPeas Fresh Fruit Cup</p>
<p>15</p> <p>President's Day</p> 	<p>16</p> <p><u>"Healthy Heart Day"</u> Southwest Turk. Stew Over Brown Rice Green Beans Garden Salad Whole Wheat Bread Strawberries</p>	<p>17</p> <p>Orange Juice Spinach Quiche Three Bean Salad Whole Wheat Roll Mixed Fruit</p>	<p>18</p> <p>Beef StirFry (beef, peppers, carrots, onions) Over Brown Rice Green Salad Whole Wheat Bread Baked Apple</p>	<p>19</p> <p>Tomato Soup Tuna Salad On Rye Carrot Raisin Salad Canned Peaches</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 February 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22	23	24	25	26
Turkey Tetrazzini Over Egg Noodles Glazed Carrots Tossed Salad Whole Wheat Bread Mandarin Oranges	Orange Juice Hamburger on Bun Lett, Tom, Cuc Gr Beans Vinaigrette Apple Cobbler	Chicken Cacciatore Brown Rice Broccoli Garden Salad Italian Bread Fresh Fruit Cup	Minestrone Soup Roast Beef Sandwich Half On Whole Wheat Br Cole Slaw Fresh Fruit	Salmon Cakes Baked Potato Brussels Sprouts Tossed Salad Whole Wheat Bread Fruited Jello



**On days when Montgomery County Schools are closed,
there is no lunch program at Gaithersburg Sr. Ctr.**



Nutrition Notes: Tend to put on Weight in Winter?

Did you know that about two thirds of US adults are overweight?

Seniors are not immune to overweight and obesity. And, often, winter makes it especially hard to maintain a healthy weight. It is easy to get less physical activity when it is cold, snowy, icy, or windy. High calorie comfort food may be especially appealing in cold weather. And, for those who like to cook and bake, being indoors can make food preparation more enticing.

To keep the pounds off during the wintry months.....

- Increase physical activity, even if it means walking in your own home or apartment if the weather is not conducive to walking outdoors or driving to the mall for a walk. Or try a simple exercise video that is appropriate for your fitness level. There are videos that are especially appropriate for active seniors and for those who are less fit. Be sure to check with your doctor before starting any exercise program.
- Plan ahead.....If being cooped up at home means cooking or baking, be sure to have on hand the makings of a healthy stew or soup. Have some fresh carrots, onions, potatoes, dried or canned beans, as well as frozen vegetables and dried herbs. And cubes of leftover chicken, turkey, or lean beef add substance to your stew.
- Pack leftovers in individual containers and freeze in appropriate serving sizes.. Having food already prepared that only needs to be popped into the microwave prevents unnecessary carry-out and eating in restaurants, where it is hard to know exactly what is added to the food. Restaurant food is likely to be higher in calories, sodium and fat than the food you would prepare at home...and the portions are larger.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Orange Juice Beef Potato Stew Tossed Salad Cornbread Canned Pears	2 Bean and Veg Soup Turkey Sand Half On Pumpernickel Green Salad Mandarin Oranges	3 Meatloaf Mash. Potatoes/Gravy Broccoli Caesar Salad Whole Wheat Bread Fruited Jello	4 Chicken Rosemary Baked Potato Green Beans Tossed Salad Pumpernickel Bread Fresh Fruit Cup	5 Breaded Fish On Wh. Wheat Bun Cole Slaw Lettuce/Tomato/Cuc Fresh Fruit
8 Spanish Chicken Brown Rice Green Beans Tossed Salad Whole Wheat Bread Pineapple Tidbits	9 Pot Roast of Beef Mashed Potatoes Broccoli Mixed Green Salad Whole Wheat Bread Fresh Fruit Cup	10 Chicken Patty on Bun Lett, Tom, Carr Potato Salad Cole Slaw Peaches	11 Bean Burrito (tortilla, pinto beans/ peppers/onions) Mexican Rice Tossed Salad Fruited Jello	12 Tomato Soup Tuna Salad on Pumpernickel Lettuce, Tom, Cuc Apple Crisp
15 Cranberry Juice Vegetable Pizza Green Salad w/ Chick Peas Fresh Fruit	16 Lemon Chicken Rosemary Rst Potato Carrots & Cauliflower Tossed Salad Whole Wheat Bread Canned Mixed Fruit	17 <u>St. Patrick's Day</u> Corned Beef/Cabbage Boiled Potatoes Green Salad Irish Soda Bread Cupcake/MixedFruit	18 Cream of Broc Soup Turkey Sand Half On Whole Wheat Lett, Tom, Cuc Pear Cobbler	19 Fish Parmagiana Over Pasta Broccoli Tossed Salad Whole Wheat Bread Fresh Fruit Cup

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22 Chicken StirFry (Chick, peppers, onions, carrots) Brown Rice Mixed Green Salad Whole Wheat Bread Applesauce	23 Salisbury Steak/Gravy Egg Noodles Broccoli Carrot Raisin Salad Pumpernickel Bread Fresh Fruit Cup	24 Chicken Marsala Mashed Potatoes Brussels Sprouts Tossed Salad Whole Wheat Bread Apple Cobbler	25 Orange Juice Hamburger On a Bun Lett, Tom, Cuc Potato Salad Fresh Fruit	26 Salmon Cakes Brown Rice Pilaf Cauliflower Green Salad Whole Wheat Bread Fruited Jello
29 Spaghetti With Meat Sauce Kale with Garlic Green Salad Italian Bread Fresh Fruit Cup	30 Roast Turkey/Gravy Baked Potato Basil Green Beans Tossed Salad Whole Wheat Bread Fruited Jello	31 Honey Mustard Chicken Brown Rice/Peas Broccoli Caesar Salad Whole Wheat Bread Mandarin Oranges	Questions about Nutrition? Call the <u>Senior Nutrition Hotline</u> Wednesday mornings 9 - 11 am —240-777-1100—	



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Nutrition Notes: Safer Salads.....

Those crispy, fresh green salads can give your meals a tasty and satisfying nutrient boost.

Here are some tips to make sure that your salads are safe to eat:

Be sure to wash leafy greens under cold running water, even if the package says “prewashed”.

Buy only fresh-looking greens...refuse anything that is wilted or limp.

Be sure to prepare raw salads on a separate cutting board than one you use for meat preparation. Don't “Cross-contaminate!”

Organic greens are no safer. They can become contaminated with bacteria just like conventionally grown greens!

Keep salad greens refrigerated. And be sure to wash your hands before preparing your salad. Add lots of bright colored vegetables for the greatest nutritional punch.

