

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

*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 March 2010

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—	



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



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.



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<p>Did you know that Montgomery County has a reliable resource for nutrition information <u>especially for seniors</u>? <i>Speak directly with a registered dietitian!</i></p> <p style="text-align: center;">Senior Nutrition Hotline Wednesdays, 9-11 am 240-777-1100</p> <p><u>And come learn about “SuperFoods” on April 24 at 12 :45 pm!</u></p>			<p>1</p> <p>Orange Juice Spinach Quiche Tossed Salad/Chick Peas French Bread Van Pdding/ Peaches</p>	<p>2</p> <p>Breaded Fish on Whole Wheat Bun Cole Slaw Lettuce, Tom, Cuc Fresh Fruit</p>
<p>5</p> <p>Tomato Soup Roast Beef Sand. Half Carrot Raisin Salad Potato Salad Fresh Fruit</p>	<p>6</p> <p>Chicken Marsala Mashed Potatoes Brussels Sprouts Tossed Salad Whole Wheat Bread Fruited Jello</p>	<p>7</p> <p>Turkey Parmesan Over Pasta Mixed Vegetables Tossed Salad Italian Bread Mandarin Oranges</p>	<p>8</p> <p>Meatloaf Mashed Pot/Gravy Carrots Tossed Salad Whole wheat Bread Tropical Fruit Salad</p>	<p>9</p> <p>Chicken Stir Fry (carr, pepp, onions) Brown Rice Green Salad Pumpnickel Bread Canned Pears</p>
<p>12</p> <p>Spanish Chicken Brown Rice with Peas Broccoli Tossed Salad Whole Wheat Bread Pears/Choc Drizzle</p>	<p>13</p> <p>Veggie & Cheese Quesadilla Rice with Black Beans Garden Salad Apple Cobbler</p>	<p>14</p> <p>Honey Mustard Chicken Brown Rice/Peas Spinach Garden Salad Whole Wheat Bread Pineapple</p>	<p>15</p> <p>Minestrone Soup Tuna Salad Sandwich On Whole Wheat Lett, Tom, Cuc Fresh Fruit</p>	<p>16</p> <p>Spaghetti with Meat Sauce Cauliflower Tossed Salad Italian Bread Fresh Fruit Cup</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">19</p> Breaded Fish Roasted Potatoes Kale with Onions Green Salad Whole Wheat Bread Fresh Fruit Cup	<p style="text-align: center;">20</p> Veg Barley Soup Turkey Sand. Half Lett, Tom, Cuc Cole Slaw Fruited Jello	<p style="text-align: center;">21</p> Beef Stroganoff Noodles Broccoli Garden Salad Whole Wheat Bread Angel Food Cake/Berries	<p style="text-align: center;">22</p> Lemon Chicken Baked Potato Honey Carrots Tossed Salad Wh Wheat Bread Fresh Fruit	<p style="text-align: center;">23</p> Salmon Patties Brown Rice Pilaf Calif Veggie Blend Green Salad Pumpernickel Bread Apple Crisp
<p style="text-align: center;">26</p> Hamburger on a Bun Lett, Tom, Cuc Cole Slaw Fresh Fruit	<p style="text-align: center;">27</p> Bean&Cheese Burrito Brown Rice/Salsa Tossed Salad Mandarin Oranges	<p style="text-align: center;">28</p> Beef-a-Roni (mac, gr. beef, tom sauce) Mixed Summer Squash GardenSalad/Peppers Italian Bread Fresh Fruit Cup	<p style="text-align: center;">29</p> Lemon Pepper Fish Garlic Mash Pot. Broccoli Tossed Salad Pumpernickel Bread Fruited Jello	<p style="text-align: center;">30</p> Chicken Veg Stew With Potatoes Carrot Raisin Salad Whole Wheat Bread Tropical Mixed Fruit

Nutrition Notes: Be Portion Savvy!!

Have you noticed that portion sizes have grown tremendously over the past several decades.... and that waistlines have expanded, too? If you are gaining weight or having trouble losing weight, your portions are probably too big. Along with increased physical activity, eating smaller portions can make a big difference in your weight. Become portion size savvy (without measuring cups) by using these everyday items to better control how much you eat!

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|-------------------------------------|-------------------------------------|
| 1 cup of cereal = Baseball | 1 medium fruit = Baseball |
| 1 pancake = CD | 1 baked potato = Computer Mouse |
| ½ cup of rice, pasta = ½ a baseball | 1 c cooked veggies = Baseball |
| 1 bagel = Can of tuna | • 3 oz. fish = Checkbook |
| ½ oz cheese = 3 stacked dice | 3 oz meat & poultry = Deck of cards |
| ½ cup of ice cream = ½ a baseball | 2 Tbs peanut butter = Golf ball |

Compare Today's portion sizes to 20 years ago



20 years ago (140 calories)

Today (350 calories)



20 years ago (270 calories)

Today (630 calories)