

Department of Health & Human Services
Montgomery County Senior Nutrition Program
Bernard Gaither Senior Center January 2017

The meal cost is **\$6.50**. 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.

Meal reservations and cancellations are to be made at the lunch 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.

Fat Free Milk served with each meal.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Swedish Meatballs On Brown Rice Italian Vegetables Field Greens Whole Wheat Bread Orange	3 Soft Tacos (Soft Tacos, pulled chicken, peppers, onions) Black Beans with Rice Green Salad Sliced Pears	4 Turkey Chili Lett, Tom, Cucumber Cole Slaw Cornbread Fruited Gelatin	5 Vegetarian Lasagna Tossed Salad with Chick Peas Italian Bread Fresh Fruit	6 Tomato Soup Tuna Salad Half On Rye Bread Carrot Raisin Salad Pears with Chocolate Drizzle
9 Orange Juice Chicken Cacciatore Over Noodles Braised Kale Green Salad Fruited Gelatin	10 Beef Tip with Gravy Mashed Potatoes Roasted Vegetables Green Salad Whole Wheat Roll Tropical Fruit Salad	11 Cranberry Juice BBQ Beef Whole Wheat Bun Garden Salad Apple Crisp	12 Salmon Cakes Roasted Potatoes Kale with Onions Tossed Salad Whole Wheat Bread Fruit Cup	13 Chicken Curry over Egg Noodles Sauteed Shr Carrots and Cabbage Tomato Salad Rye Bread Mandarin Oranges
No Lunch 	17 Honey Mustard Chicken Baked Potato Glazed Carrots Tossed Salad Whole Wheat Bread Fresh Fruit	18 Beef Stew With Potatoes and Veggies Cole Slaw Whole Wheat Roll Sliced Pears	19 Chicken Country Captain Brown Rice Garlicy Kale Tossed Salad Whole Wheat Bread Cinn. Applesauce	20 7-Bean Soup Turkey on Rye Half Carrot Raisin Salad Cherry Cobbler

<p>23</p> <p>Bean Quesadilla (tortilla, beans, cheese, peppers, onions)</p> <p>Brown Rice/Salsa</p> <p>Green Salad</p> <p>Tropical Mixed Fruit</p>	<p>24</p> <p>Spaghetti with Meatballs Parmesan Cheese</p> <p>Broccoli</p> <p>Tossed Salad</p> <p>Italian Bread</p> <p>Fresh Fruit Cup</p>	<p>25</p> <p>Chicken Piccata</p> <p>Mashed Potatoes</p> <p>Glazed Carrots</p> <p>Cuc Onion Salad</p> <p>Whole Wheat Bread</p> <p>Mandarin Oranges</p>	<p>26</p> <p>Lemon Pepper Fish</p> <p>Roasted Potatoes</p> <p>Brussels Sprouts</p> <p>Green Salad</p> <p>Whole Wheat Bread</p> <p>Baked Apple</p>	<p>27</p> <p>Baked Potato with <u>Toppings Day</u></p> <p>Baked Potato</p> <p>Broccoli with Cheese</p> <p>Tossed Salad</p> <p>Biscuit</p> <p>Pineapple Tidbits</p>
<p>30</p> <p>Veg Bean Soup</p> <p>Crackers</p> <p>Chicken Salad</p> <p>On a WhWt Bun</p> <p>Let, Tom, Cuc</p> <p>Broccoli Salad</p> <p>Fresh Fruit</p>	<p>31</p> <p>Fruit Juice</p> <p>Chicken Tikka</p> <p>Naan</p> <p>Brown Rice with Peas</p> <p>Cumin Cauliflower</p> <p>Tropical Fruit</p>	<p>Happy and Healthy New Year from the Senior Nutrition Program!</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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Benjamin Gaither Center February 2017

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		When Montgomery County schools are closed, There is no lunch program.		
		<p align="center">Senior Nutrition Hotline...</p>	<p align="center">Talk with a Registered Dietitian Nutritionist Wednesdays 9-11 am 240-777-1100</p>	<p align="center">1 Honey Mustard Chicken Over Wh Wheat Pasta Chopped Kale Garden Salad Rye Bread Apple Crisp</p>
<p align="center">6 Southwest Turkey. Stew Over Brown Rice Green Beans Cole Slaw Whole Wheat Bread Canned Mixed Fruit</p>	<p align="center">7 Lemon Chicken Barley Pilaf Roasted Beets Tomato Cuc Salad Whole Wheat Roll Ice Cream w/ Strawberries</p>	<p align="center">8 Salmon Cakes Baked Potato Brussels Sprouts Tossed Salad Wh Wheat Bread Fruited Jello</p>	<p align="center">9 Beef StirFry (beef, peppers, carrots, onions) Over Brown Rice Green Salad Whole Wheat Bread Baked Apple</p>	<p align="center">10 Cranberry Juice Spinach Quiche Three Bean Salad Whole Wheat Roll Mixed Fruit Valentine Cookie</p>

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13	Valentine's Day Chicken Cacciatore Brown Rice Pilaf Roasted Beets Green Salad Strawberries Valentine Cookie	15	Turkey Tetrazzini Over Egg Noodles Glazed Carrots Tossed Salad Whole Wheat Bread Mandarin Oranges	16	Fish Chowder (fish, tomato, potatoes) Whole Grain Roll Tossed Salad Fresh Fruit	17	Orange Juice Hamburger on Bun Lett, Tom, Cuc Gr Bean/Garbanzo Vinaigrette Apple Cobbler
20	21	22	23	24			
 President's Day	Meatballs w/ Spaghetti Brussels Sprouts Garden Salad Whole Wheat Bread Fresh Fruit Cup	Minestrone Soup/Crax Tuna Salad Sand Half Rye Bread Carrot Pineapple Salad Angel Food Cake/Berries	Chicken Marsala Over Egg Noodles Glazed Carrots Veg Salad Wh. Wheat Bread Mand Oranges	Beef Soft Tacos (Beef, peppers, onions, cheese) Yellow Rice Tossed Salad Fresh Fruit			
27	28						
Veggie Lasagna Green Salad Garlic Bread Mixed Fruit	Stuffed Peppers (gr beef, rice, onion, tom sauce) Green Salad Whole Wheat Bread Fresh Fruit						