



MONTGOMERY COUNTY DEPARTMENT OF HEALTH & HUMAN SERVICES

SENIOR NUTRITION PROGRAM – MARCH 2020 • BENJAMIN GAITHER CENTER

Price: \$7.10 (Under the Age of 60)

Voluntary Contribution (Ages 60+ & Their Spouses)

Please contribute as much as you can; contributions are used to serve more meals.

Reservations must be placed prior to 2 PM the previous day.

Cancellations must be made no later than 8:15 AM the day of reservation.

Fat Free Milk served with each meal.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Beef Stuffed Pepper with Tossed Salad Wheat Roll Fresh Fruit Apple Juice	3 Chicken with Herbs Brown Rice Vegetable Medley Fruited Gelatin	4 Beef Stew with Potatoes & Vegetables Tossed Salad Cornbread Peaches	5 Baked Fish Boiled Potatoes Mixed Vegetables Whole Wheat Bread Apples	6 Quesadilla (Cheese, Peppers & Onions on Whole Wheat Tortilla) Green Salad Fresh Fruit
9 Egg Salad on a Whole Wheat Bun Vegetable Soup French fries Fresh Fruit	10 Stir Fry Chicken Brown Rice Garden Salad Cupcake	11 BREAKFAST FOR LUNCH Hash Brown Potatoes Scrambled Eggs with Spinach Whole Wheat Toast Applesauce	12 Meatballs Whole Wheat Pasta Green Beans Garlic Bread Fresh Fruit	13 Baked Salmon Brown Rice Broccoli Wheat Roll Fruited Gelatin
16 Cheese Manicotti Garlic Bread Green Beans Green Salad Half Orange	17 ST. PATRICK'S DAY Corned Beef & Cabbage Boiled Potatoes Tossed Salad Fruited Gelatin	18 Lemon Chicken Brown Rice Green Beans Bread Fresh Fruit	19 Turkey Pastrami & Swiss on Rye Potato Wedges Coleslaw Sliced Peaches	20 Tuna Noodle Casserole Italian Bread Tossed Salad Melon

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>23</p> <p>Turkey Burger on Whole Wheat Bun Tater Tots Garden Salad Fresh Fruit</p>	<p>24</p> <p>Pork Loin with Gravy Brown Rice Garden Salad Whole Wheat Bread Fruited Yogurt</p>	<p>25</p> <p>Meat Lasagna Steamed Green Beans Tossed Salad Italian Bread Mandarin Oranges</p>	<p>26</p> <p>Chicken Tikka Egg Noodles Honey Carrots Fruit Cup</p>	<p>27</p> <p>Tuna Salad on Whole Wheat Bun Potato Wedges Mixed Vegetables Half Orange</p>
<p>30</p> <p>Fish Chowder Homemade Biscuit Green Salad Fresh Fruit</p>	<p>31</p> <p>Lemon Chicken Roasted Potato Brussels Sprouts Pumpernickel Bread Gelatin</p>			

NUTRITION NOTES: GROCERY SHOPPING

The first rule of shopping for fresh produce is to plan a few recipes for the week. Before making a shopping list, take stock of what you already have in the refrigerator, then buy as close as possible to the amount you need.

It is generally better not to pre-wash produce until ready to use as this removes any protective coating it may have. The moisture remaining on fruits & vegetables can cause them to mold & spoil prematurely. An exception to this rule is lettuce, which should be washed & dried before refrigerating the leaves in a plastic bag with a few dry paper towels to absorb excess moisture.

Tufts University Health & Nutrition Letter