

# February

# Menu



Please make a donation at [slco.org/aging-adult-services](http://slco.org/aging-adult-services) to help provide meals for seniors. Meals on Wheels menus may vary.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			MEATBALLS Marinara Sauce Herbed Noodles Carrots Whole Kernel Corn Breadsticks Lime Citrus Mold	SEASONED BEEF Pinto Beans Spinach/Romaine Salad Whole Grain Tortilla Fresh Tangelo
TURKEY TETRAZZINI Carrots Steamed Spinach Rocky Road Pudding	<b>BIRTHDAY MEAL</b> SLICED ROASTED TURKEY Poultry Gravy Lyonnaisse Potatoes Green Peas & Onions Golden Fruit Cup Birthday Cupcake	BREADED FISH Tartar Sauce Baked Potato Wedges Mixed Vegetables Fresh Banana	MEATLOAF Mashed Potatoes Brown Gravy Stewed Tomatoes Fresh Tangelo	PORK RIBBLETT BBQ Sauce German Potato Salad Italian Blend Vegetables Spinach/Romaine Salad Spiced Peaches
SALISBURY STEAK Brown Gravy Roasted Red Potatoes Scandinavian Blend Vegetables Mandarin Oranges	BAKED CHICKEN BREAST Creole Sauce Mashed Potatoes Mixed Vegetables Whole Wheat Dinner Roll Seasonal Fresh Fruit	<b>VALENTINE'S DAY MEAL</b> BEEF POT ROAST Brown Gravy Roasted Red Potatoes California Blend Vegetables Pink Cloud Salad Valentine Cookie	CHICKEN PARMESAN Rotini Pasta Italian Blend Vegetables Green Peas Cherry Gelatin w/ Mixed Fruit	<b>HOLIDAY MEAL</b> BRATWURST w/ Bun Baked Potato Wedges Spiced Apple Slices Bell Pepper & Onions Cookie w/ Sprinkles
HOLIDAY - CENTERS CLOSED FOR PRESIDENTS' DAY	CHICKEN POMODORO Rotini Pasta Green Beans Carrots Garlic Breadstick Orange Gelatin w/ Pears	BAKED CHICKEN BREAST Cream Sauce Brown Rice Green Peas Spinach/Romaine Salad Peach Crisp	KETTLE LASAGNA Green Beans California Blend Vegetables Banana Pudding Breadsticks	BEEF POT ROAST Brown Gravy Mashed Potatoes Country Cottage Blend Vegetables Whole Wheat Dinner Roll Spiced Apple Slices
PORK CARNITAS Whole Kernel Corn Refried Beans Whole Grain Tortilla Fresh Tangerine	BREAKFAST BURRITO Cheese Sauce Bell Pepper & Onions Fresh Orange	TURKEY PATTIE Creole Sauce Mashed Potatoes Broccoli Cuts Scandinavian Blend Vegetables Bread Pudding w/ Raisins & Caramel Sauce	<b>Alternate meals for February*: Soup and Sandwich</b> <b>Week 1</b> – Lentil Soup, Turkey/Monterey Jack Cheese Sandwich <b>Week 2</b> – Cheesy Chicken Soup, Beef/Provolone Cheese Sandwich <b>Week 3</b> – Potato Soup, Turkey/Muenster Cheese Sandwich <b>Week 4</b> – Beef Vegetable Soup, Ham/Swiss Cheese Sandwich	

\*Alternate meals at select senior centers only  
All meals served with 8 oz milk and appropriate condiments

# Healthy Eating

**Eating right doesn't have to be complicated. Before you eat, think about what goes on your plate or in your bowl. Choose foods that provide the nutrients you need without too many calories. Try these tips:**

**1. Make half your plate fruits & vegetables.**

Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Fresh, frozen and canned vegetables all count. Choose “reduced sodium” or “no-salt-added” canned vegetables.

Add fruit to meals and snacks. Buy fruits that are dried, frozen or canned in water or 100% juice, as well as fresh fruits.

**2. Make at least half your grains whole.**

Choose 100% whole-grain breads, cereals, crackers, pasta and brown rice. Also, look for fiber-rich cereals to help stay regular.

**3. Switch to fat-free or low-fat milk, yogurt & cheese.**

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

**4. Vary your protein choices.**

Eat a variety of foods from the protein food group each week, such as seafood, nuts, and beans and peas, as well as lean meat, poultry and eggs.

**5. Cut back on sodium & empty calories from solid fats & added sugars.**

Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with lower numbers. Add spices or herbs to season food without adding salt.

