

# August 2018

# Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		DICED PORK & NOODLES Seasoned Carrots Steamed Spinach Blueberry Crisp	PULLED CHICKEN SALAD w/ Hoagie Bun Lettuce & Tomato Marinated Vegetable Salad Seasonal Fruit	SALISBURY STEAK w/ Brown Gravy Mashed Potatoes Garden Vegetable Salad Italian Blend Vegetables Pineapple Pistachio Fluff
		1	2	3
ROAST PORK w/ Apple Berry Sauce Au Gratin Potatoes Green Beans Seasonal Fruit	<b>BIRTHDAY MEAL</b> BEEF POT ROAST w/ Brown Gravy Creamed Potatoes Glazed Carrots Fresh Honey Dew Melon Birthday Cupcake	BREADED BAKED FISH w/ Tartar Sauce Roasted Red Potatoes Steamed Spinach Whole Kernel Corn Peach Cobbler	CHICKEN BERRY SALAD Carrot Slaw Bread Stick Fresh Strawberries Vinaigrette Dressing	CHICKEN PARMESAN Rotini Pasta Spinach & Romaine Salad Mixed Vegetables Cheesecake Pudding
6	7	8	9	10
BEEF TERIYAKI w/ Brown Rice Green Beans Almondine Oriental Blend Vegetables Strawberry Fluff	TUNA SALAD w/ Hoagie Bun Lettuce & Tomato Macaroni Salad Seasonal Fruit	EGG & CHEESE STRATA Roasted Red Potatoes Mixed Bell Pepper & Onions Seasonal Fruit Cherry Whip	SLICED ROAST TURKEY w/ Poultry Gravy Mashed Potatoes Mixed Vegetables Seasonal Fruit Lemon Cookie	SLOPPY JOE w/ Whole Wheat Bun Seasoned Carrots Close Slaw Seasonal Fruit
13	14	15	16	17
KRAB SALAD w/ Hoagie Bun Lettuce & Tomato Seasonal Fruit	SALISBURY STEAK w/ Brown Gravy Green Beans Scandinavian Blend Vegetables Blushing Pears	COUNTRY MEATBALLS w/ Country Gravy Glazed Carrots Seasonal Fruit Cornbread	BAKED CHICKEN (BONE-IN) w/ Lemon Pepper Sauce Roasted Red Potatoes Steamed Spinach Capri Blend Vegetables Apple Crisp	SPAGHETTI & MEAT SAUCE Marinated Zucchini Salad Seasonal Fruit Breadstick
20	21	22	23	24
EGG SALAD w/ Whole Grain Sandwich Thins Lettuce & Tomato Beet & Mandarin Orange Salad Pineapple Nut Cookie	BEEF PATTY w/ Whole Wheat Bun American Cheese Lettuce & Tomato Tater Tots Seasonal Fruit	BAKED CHICKEN BREAST w/ Paprika Cream Sauce Penne Pasta California Blend Vegetables Spinach & Romaine Salad Butterscotch Pudding	BREADED CHICKEN PATTY w/ Cordon Bleu Sauce O'Brien Potatoes Mixed Vegetables Fresh Honey Dew Melon	PORK RIBBLETT w/ BBQ Sauce Whole Wheat Bun Seasoned Carrots Green Peas Cranberry Fluff
27	28	29	30	31

**Alternate meals for August\*: Fresh Salad**

**Week 1** – Chef Salad w/ Ham, Turkey & Cheese

**Week 2** – Turkey Cobb Salad

**Week 3** – Chicken Caesar Salad

**Week 4** – Greek Chicken Salad

\*Alternate meals at select senior centers only

All meals served with 8 oz milk and appropriate condiments

# Vaccines - They're Not Just for Kids

**You may need one or more vaccines, even if you received vaccines as a child or as a younger adult. Ask your doctor which ones are right for you. Vaccines recommended for older adults can prevent:**

## **1. Flu**

Get a flu shot before October if possible, to ensure that you are protected before flu season begins. However, as long as flu viruses are circulating, vaccination should continue throughout the flu season. Flu season usually peaks between December and February, but activity can last as late as May. Early immunization is the most effective, but it is not too late to get the vaccine in January or beyond.

## **2. Shingles**

Anyone 60 years of age or older should get the shingles vaccine, regardless of whether they recall having had chickenpox, which is caused by the same virus as shingles.

Even if you have had shingles, you can still receive the shingles vaccine to help prevent future occurrences of the disease. The decision on when to get vaccinated should be made with your health care provider. Generally, a person should make sure that the shingles rash has disappeared before getting vaccinated. Protection from the shingles vaccine lasts about 5 years.

## **3. Pneumonia**

One dose of pneumonia vaccine is recommended for all adults 65 years of age or older who have not previously received the vaccine. The pneumonia vaccine is also recommended for people younger than 65 who may have asthma, COPD, cancer, kidney disease or liver disease.