

# July

# 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
<b>HOLIDAY MEAL</b> BBQ PULLED PORK on a Wheat Bun Macaroni Salad Creamy Coleslaw Tropical Fruit 3	HOLIDAY - CENTERS CLOSED FOR INDEPENDENCE DAY 4	PORK SAUSAGE GRAVY over Biscuit Roasted Half Tomato Mandarin Oranges 5	CREAMED TURKEY Mashed Potatoes Seasoned Carrots Steamed Spinach Cinnamon Pear Crisp 6	AMERICAN GOULASH Mixed Vegetables Seasonal Fruit 7
BAKED CHICKEN w/Shoyu Sauce Rice Pilaf w/Mushrooms Broccoli Cuts & Florets Seasoned Carrots Seasonal Fruit 10	<b>BIRTHDAY MEAL</b> MEATLOAF W/ GRAVY Whipped Potatoes Stewed Tomatoes Seasonal Fruit Birthday Cupcake 11	BREADED BAKED FISH w/Tartar Sauce Roasted Red Potatoes Steamed Spinach Peach Cobbler 12	TURKEY SALAD Lettuce & Tomato Broccoli Raisin Slaw Multi-wheat Bread Strawberries 13	CHICKEN & PENNE PASTA Romaine Spinach Salad Mixed Vegetables Mocha Pudding 14
SLOPPY JOE on a Wheat Bun Seasoned Carrots Creamy Slaw Seasonal Fruit 17	TUNA SALAD Lettuce & Tomato Macaroni Salad Multi-wheat Bread Seasonal Fruit 18	SOUTHWEST OMELET BAKE Roasted Red Potatoes Broccoli Cuts & Florets Seasonal Fruit Orange Whip 19	ROAST TURKEY w/Gravy Whipped Potatoes Mixed Vegetables Seasonal Fruit Grace's Chocolate Cookie 20	<b>HOLIDAY MEAL</b> CRISPY BAKED CHICKEN German Potato Salad Green Peas Fresh Melon Cup Rocky Road Pudding 21
HOLIDAY - CENTERS CLOSED FOR PIONEER DAY 24	BBQ PORK RIBBETTE on a Bun Baked Beans California Blend Vegetables Tapioca Pudding 25	TAMALES Corn Bread Glazed Carrots Seasonal Fruit 26	BAKED CHICKEN BREAST w/Orange Glaze Farro w/Vegetables Steamed Spinach Apple Crisp 27	BEEF TOMATO MACARONI Marinated Zucchini Salad Break Stick Seasonal Fruit 28
EGG SALAD Lettuce & Tomato Citrus Bean Salad Multi-wheat Bread Chocolate Orange Pudding 31	<p><b>Alternate meals for July*:</b> Noodle/Rice Bowl  <b>Week 1</b> – Sweet &amp; Sour Pork w/Rice (M,T); Sweet &amp; Sour Pork w/Noodles (W,Th,F)  <b>Week 2</b> – Beef &amp; Broccoli w/Noodles (M,T); Beef &amp; Broccoli w/Rice (W,Th,F)  <b>Week 3</b> – Sesame Beef w/Rice (M,T); Sesame Beef w/Noodles (W,Th,F)  <b>Week 4</b> – Teriyaki Chicken w/Noodles (M,T); Teriyaki Chicken w/Rice (W,Th,F)</p>			

\*Alternate meals at select senior centers only

All meals served with 8 oz milk and appropriate condiments

# Healthy Eyes and Nutrition

Try following these diet guidelines to improve your chance of healthy vision for a lifetime:

- 1. Eat whole grains and cereals.** Sugars and refined white flours commonly found in breads and cereal may increase your risk of age-related eye diseases. Choose instead 100 percent whole-grain breads and cereals that have lots of fiber. Experts suggest that at least half of your daily grains and cereals be 100 percent whole grains.
- 2. Make sure fats are healthy.** The omega-3 essential fatty acids found in fish, flaxseed oil, walnuts and canola oil help to prevent dry eyes and possibly cataracts. Eat fish or seafood twice weekly, or take flax oil every day. Use canola oil for cooking and walnuts for snacking.
- 3. Choose good sources of protein.** Remember that fat content and cooking methods are what make proteins healthy or unhealthy. Also, avoid saturated fats from red meats and dairy products that may increase your risk of macular degeneration. Choose lean meats, fish, nuts, legumes and eggs for your proteins. Most meats and seafood also are excellent sources of zinc. Eggs are a good source of lutein.
- 4. Avoid sodium.** High sodium intake may add to your risk of cataract formation. Use less salt, and look for sodium content on the labels of canned and packaged foods. Stay below 2,000 mg of sodium each day. Choose fresh and frozen foods whenever possible.
- 5. Stay hydrated.** Round out a healthy diet with low-fat dairy products such as skim or 1 percent milk for calcium, and healthy beverages such as 100 percent vegetable juices, fruit juices, non-caffeinated herbal teas and water. Proper hydration also may reduce irritation from dry eyes.