

November

Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THANKSGIVING MEAL Sliced Roasted Turkey w/ Gravy Whipped Potatoes Bread Stuffing Cut Green Beans Sweet Potato Cuts Dinner Roll/Butter Pumpkin Pie Cranberry Sauce			GERMAN MEATBALLS w/ German Sauce Whole Grain Pasta Coleslaw Seasons Carrots Lemon Pudding	TURKEY POT ROAST w/ Gravy Over Biscuit Green Peas Spinach/Romaine Salad Pears Salad Dressing
WHITE BEAN CHICKEN CHILI Seasoned Green Beans Normandy Blend Vegetables Pear Cobbler Whole Wheat Dinner Roll Butter	<u>BIRTHDAY MEAL</u> SALISBURY STEAK w/ Brown Gravy Mashed Potatoes Glazed Carrots Tropical Mixed Fruit Birthday Cupcake	SWEET & SOUR PORK Steamed Brown Rice Cut Green Beans Whole Kernel Corn Mandarin Oranges	BAKED CHICKEN BREAST Honey Glaze Noodles California Blend Vegetables Green Peas Pineapple Pudding	MEATLOAF w/ Gravy Whipped Potatoes Stewed Tomatoes Seasonal Fruit Holiday Cookie
TERIYAKI MEATBALLS w/ Teriyaki Sauce w/ Steamed Brown Rice Broccoli Cuts & Florets Seasoned Carrots Rocky Road Pudding	THANKSGIVING MEAL or BBQ PORK RIBETTE California Blend Vegetables O'Brien Potatoes Seasonal Fruit BBQ Sauce	ITALIAN MEAT SAUCE Spaghetti Pasta Seasoned Cut Green Beans Spinach Romaine Salad/Dressing Applesauce Breadstick	TURKEY BURGER on a Bun Lettuce/Tomato Baked Beans Mixed Vegetables BBQ Sauce	THANKSGIVING MEAL or BBQ PORK RIBETTE California Blend Vegetables O'Brien Potatoes Seasonal Fruit BBQ Sauce
CHICKEN THIGH w/ Mushroom Gravy Seasoned Brown Rice Broccoli Cuts & Florets Whole Kernel Corn Lemon Cookie	SALISBURY STEAK w/ Brown Gravy Mashed Potatoes Mixed Vegetables Stewed Tomatoes Fresh Apple	POTATO CRUSTED FISH w/ Tartar Sauce Peas & Onions Garden Veg. Salad/Dressing Canned Pears Cookies 'n Cream Pudding	CLOSED FOR THANKSGIVING	CLOSED FOR DAY AFTER THANKSGIVING
ROAST PORK w/ Pork Gravy Mashed Potatoes/Gravy Spinach Sliced Apples	ORIENTAL SHOYU CHICKEN Lo Mein Noodles Oriental Blend Vegetables Mandarin Oranges Pineapple Nut Cookie	BAKED CHICKEN THIGH w/ Southwest Sauce Brown Spanish Rice Pinto Beans Flour Tortilla Tropical Fruit Cup	BEEF STROGANOFF w/ Egg Noodles Seasoned Carrots Broccoli Cuts & Florets Breadstick Chocolate Pudding	TURKEY POT ROAST w/ Gravy Roasted Red Potatoes Mixed Vegetables Carrots Peach Crisp

Alternate meals for November*: Soup or Salad

Week 1 – Taco Salad w/ Shredded Chicken & Cheese

Week 2 – Pork Chili, Baked Potato & Broccoli

Week 3 – No Alternates for the Week

Week 4 – Potato Soup, Sliced Turkey & Muenster Cheese

Week 5 – Chili w/ Beans, Baked Potato & Broccoli

*Alternate meals at select senior centers only

All meals served with 8 oz milk and appropriate condiments

November is National Diabetes Awareness Month:

It's especially important to make diabetes prevention a priority if you're at increased risk of diabetes, for example, if you're overweight or have a family history of the disease.

Diabetes prevention is as basic as eating more healthfully, becoming more physically active and losing a few extra pounds — and it's never too late to start. Making a few simple changes in your lifestyle now may help you avoid the serious health complications of diabetes down the road, such as nerve, kidney and heart damage..

Tip 1: Get more physical activity

There are many benefits to regular physical activity. Exercise can help you:

- Lose weight
- Lower your blood sugar
- Boost your sensitivity to insulin — which helps keep your blood sugar within a normal range

Research shows that both aerobic exercise and resistance training can help control diabetes, but the greater benefit comes from a fitness program that includes both.

Tip 2: Get plenty of fiber

It's rough, it's tough — and it may help you:

- Reduce your risk of diabetes by improving your blood sugar control
- Lower your risk of heart disease
- Promote weight loss by helping you feel full

Foods high in fiber include fruits, vegetables, beans, whole grains, nuts and seeds.

Tip 3: Go for whole grains

Although it's not clear why, whole grains may reduce your risk of diabetes and help maintain blood sugar levels. Try to make at least half your grains whole grains. Many foods made from whole grains come ready to eat, including various breads, pasta products and many cereals. Look for the word “whole” on the package and among the first few items in the ingredient list.

Information provided by the Mayo Clinic at mayoclinic.org