

# June

# 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
				CHICKEN PARMESAN w/ Rotini Pasta Spinach/Romaine Salad Mixed Vegetables Cheesecake Pudding  <b>1</b>
BEEF TERIYAKI Brown Rice Green Beans Almondine Oriental Blend Vegetables Strawberry Fluff  <b>4</b>	<b>BIRTHDAY MEAL</b> SALISBURY STEAK w/ Brown Gravy Mashed Potatoes Stewed Tomatoes Seasonal Fruit Birthday Cupcake  <b>5</b>	EGG & CHEESE STRATA Roasted Red Potatoes Mixed Bell Peppers & Onions Seasonal Fruit Cherry Whip Salsa  <b>6</b>	SLICED ROAST TURKEY w/ Poultry Gravy Mashed Potatoes Mixed Vegetables Seasonal Fruit Lemon Cookie  <b>7</b>	DICED CHICKEN W/ GREEN CHILI SAUCE Mixed Bell Peppers & Onions Pinto Beans Tortilla Tropical Mixed Fruit  <b>8</b>
KRAB SALAD w/ Hoagie Bun Lettuce & Tomato Seasonal Fruit  <b>11</b>	PORK RIBLETT w/ BBQ Sauce Baked Beans California Blend Vegetables Hamburger Bun Lemon Pudding  <b>12</b>	COUNTRY MEATBALLS w/ Country Gravy Glazed Carrots Seasonal Fruit Cornbread  <b>13</b>	BAKED CHICKEN (BONE-IN) Lemon Pepper Sauce Roasted Red Potatoes Steamed Spinach Capri Blend Vegetables Apple Crisp  <b>14</b>	<b>FATHER'S DAY SPECIAL</b> ROAST BEEF w/ Brown Gravy Creamed Potatoes Glazed Carrots Fresh Honey Dew Melon Chocolate Cupcake  <b>15</b>
EGG SALAD w/ Whole Grain Sandwich Thins Lettuce & Tomato Beet & Mandarin Orange Salad Pineapple Nut Cookie  <b>18</b>	BEEF PATTY w/ Whole Wheat Bun American Cheese Lettuce & Tomato Tater Tots Seasonal Fruit  <b>19</b>	BAKED CHICKEN BREAST w/ Paprika Cream Sauce Penne Pasta California Blend Vegetables Spinach/Romaine Salad Butterscotch Pudding  <b>20</b>	BREADED CHICKEN PATTY w/ Cordon Bleu Sauce O'Brien Potatoes Mixed Vegetables Fresh Honey Dew Melon  <b>21</b>	PORK RIBLETT w/ BBQ Sauce Seasoned Carrots Green Peas Whole Wheat Hamburger Bun Cranberry Fluff  <b>22</b>
BEEF TACO Shredded Cheddar & Salsa Lettuce & Tomato Refried Beans Tex-Mex Corn w/ Tomatoes Whole Grain Tortilla  <b>25</b>	CHICKEN CHOP SUEY w/ Brown Rice Oriental Blend Vegetables Peaches Ginger Cookie  <b>26</b>	CHICKEN SALAD w/ Hoagie Bun Lettuce & Tomato Marinated Vegetable Salad Seasonal Fruit  <b>27</b>	DICED PORK & NOODLES Seasoned Carrots Steamed Spinach Blueberry Crisp  <b>28</b>	SALISBURY STEAK w/ Brown Gravy Mashed Potatoes Garden Vegetable Salad Italian Blend Vegetables Pineapple Pistachio Fluff  <b>29</b>

**Alternate meals for June\*: 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

# Tips to Boost Your Brain Power

## **1. Exercise**

Exercise encourages your brain to work at optimum capacity by causing nerve cells to multiply, strengthening their interconnections and protecting them from damage. Check out all the great exercise classes at your local senior center including EnhanceFitness.

## **2. Sleep**

Sleep is not only essential for regenerating your physical body, but it is imperative for reaching new mental insights and being able to see new creative solutions to old problems. Sleep removes the blinders and helps “reset” your brain to look at problems from a different perspective, which is crucial to creativity.

## **3. Make New Friends**

A number of studies indicate that maintaining strong social connections and keeping mentally active as we age might lower the risk of cognitive decline and Alzheimer’s. Participating in activities at your local senior center can be a great place to meet new friends and try out new hobbies.

## **4. Challenge Your Mind**

One of the simplest methods to boost your brain function is to keep on learning. This can take on many forms above and beyond book learning to include activities like traveling, learning to play a musical instrument or speak a foreign language, or participating in social and community activities.



AGING & ADULT SERVICES