

April

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
CHKN & ALFREDO SAUCE Fettuccini Pasta Steamed Spinach Capri Blend Vegt Lemon Pudding 3	** BIRTHDAY MEAL ** ROAST PORK w/ Apple Cider Glaze Whipped Sweet Potatoes Green Beans & Country Slaw Birthday Cupcake 4	BRD BKD FISH w/ Tartar Sauce Herbed Barley Green Peas & Onions Seasonal Fruit 5	SALISBURY PATTY w/ Gravy Whipped Potatoes Mixed Vegetables Seasonal Fruit 6	BEEF & BEAN CHILI Country Trio Vegetables Spinach Romaine Salad Red Gelatin w/Mandarins 7
LIONSHEAD MEATBALLS Steamed Brown Rice Broccoli Cuts & Florets Seasoned Carrrots Molasses Cookie 10	TURKEY POT ROAST W/ Gravy Whipped Potatoes California Blend Vegetables Seasonal Fruit 11	BBQ PORK RIB PATTY Cheesy Baked Ziti Zucchini & Tomatoes Seasonal Fruit 12	WESTERN PORK STEW Whole Kernel Corn Green Beans Almondine Seasonal Fruit 13	SPAGHETTI w/ Meat Sauce Parslied Carrots Spinach Romaine Salad Bread Stick Lime Gelatin w/Pineapple 14
BKD CHICKEN THIGH w/Vera Cruz Sauce Brown Spanish Rice Pinto Beans Flour Tortilla Tropical Fruit Cup 17	BEEF SWISS PATTY w/ Sauce Whipped Potatoes Garlicky Green Beans Spinach Romaine Salad Coconut Pudding 18	MEATLOAF w/ Creole Sauce Rst Red Potatoes Mixed Vegetables Cnd Peaches 19	TURKEY w/ Gravy Parslied Potatoes Green Peas Seasonal Fruit 20	CHZ & GRN CHILI BAKE Seasoned Carrots Steamed Spinach Orange Gelatin w/Mixed Fruit 21
CHILI MEATBALLS Rotini Pasta Cabbage & Carrots Cut Green Beans Applesauce 24	TURKEY A LA KING Pasta Noodles Seasoned Carrots Spinach Romaine Salad Rocky Road Pudding 25	CHICKEN FAJITAS with Bell Peppers & Onions Refried Beans Confetti Corn Whole Grain Tortilla 26	BEEF POT ROAST w/ Gravy Lyonnaise Potatoes Green Peas Seasonal Fruit Cinnamon Sugar Cookie 27	KRAB PATTY w/ Tartar Sauce Rst Red Potatoes Scandinavian Blend Vegt Seasonal Fruit 28

Alternate Meal for April is Taco Salad (Select Senior Centers Only)

- Week 1** – Ground Beef (M,T) / Shredded Chicken (W,Th,F)
- Week 2** – Shredded Chicken (M,T) / Diced Pork (W,Th,F)
- Week 3** – Diced Pork (M,T) / Ground Beef (W,Th,F)
- Week 4** – Ground Beef (M,T) / Shredded Chicken (W,Th,F)

All meals served with 8 oz milk and appropriate condiments

Eating Right for Older Adults

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:

Make half your plate fruits and 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.

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.

Switch to fat-free or low-fat milk, yogurt and 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.

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.

Cut back on sodium and empty calories from solid fats and 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.

