

Department of Health & Human Services
 Montgomery County Senior Nutrition Program
 Senior Nutrition Program

Damascus Senior Center

October 2016

The meal cost is \$7.00 For people age 60 and over and spouses of any age, a voluntary contribution is requested. Guests under age 60 must pay the full cost of the meal. Please contribute as much as you can – contributions are used to serve more meals.

Meal reservations are to be made at this nutrition site no later than 2:00pm on Monday of the week meals are served, unless approved by the Nutrition Site Manager. Please call if you must cancel your reservation so we can offer the meal to others who might be interested. *For information about the Senior Nutrition Program, call 240-777-3810.*
 Low fat milk is included with each meal.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Apple Juice Chili/Mac Casserole Calif Veggie Medley Whole Wheat Bread Fresh Fruit	4 Cran-Raspberry Juice Chicken Divan Egg Noodles Broccoli Corn Muffin Fresh Fruit	5 Salmon Patty Herbed Rice Zuc/Tom/Onion Medley Let/Tom/Cuc Whole Wheat Bun Fruited Gelatin	6 Cran-Raspberry Juice Salisbury Steak w/Mushroom Gravy Mashed Potatoes Green Beans Peach Cobbler	7 Potato/Bean Soup Turkey Chef Salad Whole Wheat Bread Fresh Fruit
10 Cran-Apple Juice Meatloaf Baked Potato Green Beans Whole Wheat Bun Fresh Fruit	11 White Grape Juice Lazy Day Lasagna Italian Meatballs Garden Salad Cheesy Garlic Biscuit Poached Pears	12 Tomato/Basil/Bean Soup Spinach Quiche Mandarin Salad Spice Muffin Peach Cobbler	13 Grape Juice Herb Baked Chicken Mac 'n Cheese Broccoli Soda Bread Fresh Fruit	14 Cran-Raspberry Juice Baked Salmon Sweet Potato Spinach Whole Wheat Bread Fresh Fruit
17 Apple Juice Beef/Bean Chili Whole Wheat Crackers Tossed Salad Fresh Fruit	18 Cran-Grape Juice BBQ Chicken Mac 'n Cheese Mixed Veggies Spice Muffin Fresh Fruit	19 Salmon Patty Herbed Rice Zuc/Tom/Onion Medley Let/Tom/Cuc Whole Wheat Bun Fruited Gelatin	20 Veg/Bean Soup Oven Fried Chicken Sw. Pot/Apples Corn Muffin Cinnamon Peaches	21 Cran-Apple Juice BBQ Beef Baked Beans Coleslaw Whole Wheat Bun Fresh Fruit

Please turn page for more menus and Nutrition Notes

<p>24 Apple Juice Tuna Salad Sandwich On Wh. Wheat Bread Let/Tom/Cuc 3-Bean Salad Fresh Fruit</p>	<p>25 Grape Juice Teriyaki Chicken Scalloped Potatoes California Veggie Blend Soda Bread Fresh Fruit</p>	<p>26 Broccoli/Bean Soup Cheeseburger Potato Salad Let/Tom/Cuc Whole Wheat Bun Fruited Gelatin</p>	<p>27 HALLOWEEN LUNCHEON Bloody Mary Witch's Brew Stew Skeleton Fingers Shrunken Head Pumpkin Gut Roll</p>	<p>28 Cran-Apple Juice Grilled Cheese Sandwich on Whole Wheat Bread Carrot/Raisin Salad Fresh Fruit</p>
<p>31 Grape Juice Taco/Bean Salad With Tostito Chips Corn Casserole Apple Crisp</p>			<p>Questions about diet, nutrition and health? Call the Senior Nutrition Hotline Speak directly to a registered dietitian. Wednesdays 9-11 am 240-777-1100</p>	

Nutrition Notes: Warming up with Squash

Did you know squash is one of the oldest known crops dating back almost 10,000 years?

In October, a variety of squash will be available at your local grocery store and farmer's market including acorn, butternut, hubbard, pumpkin, and spaghetti.

Different types of squash offer a variety of vitamins and minerals, but all are a great source of vitamin A, which promotes eye health.

Why not try *roasting* your squash to give it that sweet and delicious flavor? All you need to do is cut the squash in half or in cubes and pop it in the oven at 400°F for 20 - 25 minutes. Brush with a bit of olive oil. Or try microwaving cut-up squash on high power - just cover with a paper towel and cook until tender. Cutting the squash can be difficult, so just ask the produce specialist to cut it before leaving your store.