

**Department of Health & Human Services
Damascus Senior Nutrition Program
February 2018**

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 for each week are to be made at Damascus Senior Center (240-777-6995) no later than 2 p.m. Monday of the week the meals are served. 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.*

VEGETARIAN ALTERNATIVE AVAILABLE BY ADVANCED REQUEST ONLY!


Fat Free milk served with all meals.

Menus subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Beef & Vegetable Stew Brown Rice w/ Peas Garden Salad Cornbread Muffin Peach Cobbler	2 Chicken Sausage Sauteed Peppers & Onions Wedge Salad Honey Wheat Roll Fresh Fruit
5 Turkey Cheeseburger Whole Wheat Bun Vegetable CousCous Tossed Salad Fruit Salad	6 Honey-Mustard Chicken Lemon-Veg. Orzo Dinner Roll Green Beans Blueberry Crisp	7 Tomato Soup Spinach & Egg Strata Potato Wedges w/ Mixed Veg Banana Muffins	8 Cranberry Juice Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Garden Salad Pumpkin Muffin	9 Apple Juice Baked Salmon Baked Sw. Potato Spinach Salad Whole Wheat Bread Fruit Cobbler
12 Cranberry Juice Meatloaf Baked Potato Roasted Carrots Whole Wheat Bread Fresh Fruit	13 Apple Juice French Onion Chicken Herbed Rice Vegetable Medley Orange Wedges	14 <u>VALENTINE'S DAY</u> White Grape Juice Cran-Rosemary Chicken Lebanese Rice Strawberry Balsamic Salad Honey Wheat Roll Raspberry Brownies	15 Grape Juice Italian Meatballs Pasta w/ Tomato Sauce Garden & Bean Salad Parmesan Garlic Bread Fruited Gelatin	16 Tomato & Bean Soup Grilled Cheese on Whole Wheat Bread Tossed Salad Fresh Fruit

Please turn page for remainder of menu and **Nutrition Notes**

Damascus Senior Center February 2018

<p align="center">19</p>  <p align="center">PRESIDENT'S DAY</p>	<p align="center">20</p> <p align="center">Cranberry Juice Sloppy Joes w/ Peppers Whole Wheat Bun Sweet Potato "Fries" Mixed Green Salad Berry Crumble</p>	<p align="center">21</p> <p align="center">Salmon Patty w/ Tartar Sauce Whole Wheat Bun Fresh Garden Salad Baked Potato w/ Broccoli & Cheese Orange Wedges</p>	<p align="center">22</p> <p align="center">White Grape Juice Turkey Meatballs Pasta w/ Tom. Sauce Tossed Salad Italian Wheat Bread Pear Cobbler</p>	<p align="center">23</p> <p align="center">Potato-Leek Soup Tuna Salad Sandwich On Whole Wheat Bun Lettuce & Tomato Coleslaw Fresh Fruit</p>
<p align="center">26</p> <p align="center">Apple Juice Salsa Verde Chicken Whole Wheat Tortillas Sweet Corn Salad Pineapple Cake</p>	<p align="center">27</p> <p align="center">Grape Juice Chicken & Veg Stir Fry Brown Rice w/ Peas Mandarin Salad Cilantro-Lime Slaw Fruited Gelatin</p>	<p align="center">28</p> <p align="center">White Grape Juice Oven Fried Chicken Potato Casserole Mixed Vegetables Fruit Salad Cranberry Brownies</p>		

Nutrition Notes: Better than Supplements: Getting the Calcium You Need!

Americans currently spend more than \$1 billion per year on calcium supplements. But new research shows that getting calcium from supplements may be less effective and also may have some health risks.

The "old fashioned" way...in food and beverages.... is the most effective way to get your calcium! By just adding one more high calcium food to your diet each day, you may get all you need. Seniors over the age of 70 need 1200 mg. per day. Remember, calcium and other nutrients should be spread throughout the day.

Amounts less than 500 mg. at a time are best absorbed.

Low fat or fat free milk, yogurt and cheese are excellent sources of calcium. But many foods are now fortified with calcium. Drinking 8 ounces of fortified juice, especially in the form of calcium citrate malate, easily substitutes for a glass of milk. Check out the bottom of the Nutrition Facts label to see if the product is a good source of calcium.