

Department of Health & Human Services  
**Montgomery County Senior Nutrition Program**  
**Damascus Senior Center February 2017**

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 lunch site no later than 2:00 pm on Monday of the week in which the meals are being served. After that, reservations must be approved by the Site Manager. Same-day cancellations must be called in 240-777-6995 by 10:00am. *For information about the Senior Nutrition Program, call 240-777-3810. All meals served with fat-free milk. Menus subject to change without notice.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>When County schools are CLOSED, due to inclement weather.</u></b> There will be no lunch served at Recreation sites.</p>		<p><b><u>When County schools OPEN LATE due to inclement weather.</u></b> There are no meals at Recreation sites. However, lunch will be served at housing sites.</p>		
	<p style="text-align: center;">1</p> <p style="text-align: center;">White Grape Juice            Chicken Cacciatore            Brown Rice with Peas            Garden Salad            Cheesy Garlic Biscuit            Red Velvet Cupcakes</p>	<p style="text-align: center;">2</p> <p style="text-align: center;">Salmon Patty            Brown Rice            Zuc/Tom/Onion Medley            Let/Tom/Cuc            Whole Wheat Bun            Fruited Gelatin</p>	<p style="text-align: center;">3</p> <p style="text-align: center;">Vegetable/Bean Soup            Oven Fried Chicken            Sw. Pot./Apples            Corn Muffin            Fresh Fruit</p>	<p style="text-align: center;">4</p> <p style="text-align: center;">Apple Juice            Baked Potato            Primavera            3-Bean Salad            Hard Boiled Egg            Whole Wheat Bread            Fresh Fruit</p>
<p style="text-align: center;">5</p> <p style="text-align: center;">Cran-Apple Juice            Beef/Bean Chili            w/Whole Wheat            Crackers            Baked Potato            Tossed Salad            Fresh Fruit</p>	<p style="text-align: center;">6</p> <p style="text-align: center;">Apple Juice            Maple Chicken            Roasted Sweet Potatoes            Steamed Broccoli            Cornbread            Apple Betty</p>	<p style="text-align: center;">7</p> <p style="text-align: center;">Spinach Quiche            Rosemary-White            Bean Soup            Mixed Vegetables            Spice Muffin            Peach Cobbler</p>	<p style="text-align: center;">8</p> <p style="text-align: center;">White Grape Juice            Chicken Salad            w/Apple/Grape/Pecan            Green Beans            Corn Muffin            Cinnamon Peaches</p>	<p style="text-align: center;">9</p> <p style="text-align: center;">Potato Soup            Tuna Salad Sandwich            On Whole Wheat Bun            Lettuce &amp; Tomato            Coleslaw            Fresh Fruit</p>

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

**Damascus Senior Center February 2017**

<p align="center"><b>13</b>  <b>Cran-Apple Juice</b>  <b>Meatloaf</b>  <b>Baked Potato</b>  <b>Roasted Carrots</b>  <b>Whole Wheat Bread</b>  <b>Fresh Fruit</b></p>	<p align="center"><b>14</b>  <u><b>Valentine's Day</b></u>  <b>White Grape Juice</b>  <b>Chicken Cacciatore</b>  <b>Brown Rice with Peas</b>  <b>Garden Salad</b>  <b>Cheesy Garlic Biscuit</b>  <b>Red Velvet Cupcakes</b></p>	<p align="center"><b>15</b>  <b>Salmon Patty</b>  <b>Herbed Rice</b>  <b>Zuc/Tom/Onion Medley</b>  <b>Let/Tom/Cuc</b>  <b>Whole Wheat Bun</b>  <b>Fruited Gelatin</b></p>	<p align="center"><b>16</b>  <b>Cran-Raspberry Juice</b>  <b>Breaded Baked Chicken</b>  <b>Buttermilk Waffles</b>  <b>Rosemary Applesauce</b>  <b>Roasted Vegetables</b>  <b>Zucchini Brownies</b></p>	<p align="center"><b>17</b>  <b>Tomato/Carrot Soup</b>  <b>Grilled Cheese</b>  <b>Sandwich on Whole</b>  <b>Wheat Bread</b>  <b>Tossed Salad</b>  <b>Fresh Fruit</b></p>
<p align="center"><b>PRESIDENT'S DAY</b></p> 	<p align="center"><b>21</b>  <b>Cran-Grape Juice</b>  <b>Teriyaki Chicken</b>  <b>Vegetable Fried Rice</b>  <b>Scallion Biscuits</b>  <b>Mixed Vegetables</b>  <b>Fresh Fruit</b></p>	<p align="center"><b>22</b>  <b>Broccoli/Bean Soup</b>  <b>Beef Kofta</b>  <b>Curried Cous Cous</b>  <b>Tzatziki w/ Cucumber</b>  <b>Whole Wheat Pita</b>  <b>Roasted Vegetables</b>  <b>Fruited Gelatin</b></p>	<p align="center"><b>23</b>  <b>Cran-Raspberry Juice</b>  <b>Egg/Cheese Quiche</b>  <b>Turkey Sausage</b>  <b>Potato Hash w/ Peppers &amp;</b>  <b>Onions</b>  <b>Lemon-Blueberry Muffins</b>  <b>Clementines</b></p>	<p align="center"><b>24</b>  <b>Apple Juice</b>  <b>Salmon Scampi</b>  <b>Egg Noodles</b>  <b>Spinach</b>  <b>Italian Wheat Bread</b>  <b>Fresh Fruit</b></p>
<p align="center"><b>27</b>  <b>Cran-Apple Juice</b>  <b>BBQ Beef</b>  <b>On Whole Wheat Bun</b>  <b>Baked Beans</b>  <b>Coleslaw</b>  <b>Fresh Fruit</b></p>	<p align="center"><b>28</b>  <b>White Grape Juice</b>  <b>Chicken &amp; Veg. Tortilla</b>  <b>Soup</b>  <b>Corn Muffin</b>  <b>Taco Garden Salad</b>  <b>Pineapple Betty</b></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.**

**Of course, 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.**

**Remember, too, that calcium and other nutrients should be spread throughout the day. Amounts less than 500 mg. at a time are best absorbed.**