


# July 2022 Congregate Meals

# Montgomery County

All meals served with juice or fresh fruit and milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1) <b>BBQ Chicken Thigh, Baked Beans, Cole Slaw, Biscuit, Cherry Crisp</b>  OR <b>Spinach Salad w/Chicken with Dressing, Chick-Pea Salad</b>  <i>Vegetarian: Cheese Ravioli w/ Tomato-Basil Cream Sauce</i>
4) <b>Closed</b> 	5) <b>Salisbury Beef w/Gravy, Whipped Potatoes, Mixed Vegetables, Biscuit, Pineapple Chunks</b>  OR <b>Turkey &amp; American Cheese on Rye, Honey-Lime Corn Salad</b>  <i>Vegetarian: Sweet &amp; Sour Vegetables &amp; Tofu</i>	6) <b>Meatloaf w/Onion Gravy, Scalloped Potatoes, Green Peas, Whole Wheat Roll, Fresh Fruit</b>  OR <b>Egg Salad on Whole Wheat, Pineapple Slaw</b>  <i>Vegetarian: Black Bean &amp; Corn Quinoa</i>	7) <b>Creamy Paprika Chicken, Rice Pilaf, Ratatouille, Whole Wheat Bread, Fresh Fruit</b>  OR <b>Roast Beef &amp; Provolone on Kaiser Roll, Citrus-Carrot Salad</b>  <i>Vegetarian: Lentil Chili</i>	8) <b>Hamburger on Bun, Baked Beans, Carrifruit Salad, Hot Spiced Apples</b>  OR <b>Greek Chicken Salad w/Dressing, Mediterranean Lentil Salad</b>  <i>Vegetarian: General Tso's Tofu</i>
11) <b>Beef &amp; Chicken Meatballs w/ Peking Sauce, Brown Rice, Japanese Vegetable Blend, Whole Wheat Roll, Mandarin Oranges</b>  OR <b>Tuna Salad on Whole Wheat Pita, Broccoli-Raisin Salad</b>  <i>Vegetarian: Creamy Chick-Pea Pasta w/Spinach &amp; Rosemary</i>	12) <b>Chicken Marsala, Buttered Bow Tie Pasta, Broccoli, Whole Wheat Bread, Fresh Fruit</b>  OR <b>Turkey &amp; American Cheese on Multi-Grain Bread, Chick-Pea Salad</b>  <i>Vegetarian: Zucchini Noodles w/White Beans &amp; Tomato</i>	13) <b>Beef Hot Dog on Bun, Baked Beans, Cole Slaw, Hot Spiced Pears</b>  OR <b>Chicken Salad on Kaiser Roll, Copper Pennies</b>  <i>Vegetarian: Cold Broccoli &amp; Cannellini Bean Salad</i>	14) <b>Breaded Pollock on Bun, Tartar Sauce, Kale, Mac &amp; Cheese, Fresh Fruit</b>  OR <b>Roast Beef &amp; Swiss on Whole Wheat, Beet Salad</b>  <i>Vegetarian: Vegetarian Chili w/Beans</i>	15) <b>Swiss Steak, Mashed Spiced Yams, Zucchini &amp; Squash, Whole Wheat Bread, Tropical Fruit</b>  OR <b>Chicken Pasta Salad, Green Bean Salad</b>  <i>Vegetarian: Sweet Potato, Chick-Pea &amp; Spinach Curry</i>

<p>18) Swedish Meatballs, Penne Pasta, Peas &amp; Carrots, Whole Wheat Bread, Peaches</p> <p>OR</p> <p>Chicken Salad on Multi-Grain Bread, Patriotic Bean Salad</p> <p><i>Vegetarian:</i> Mac &amp; Cheese</p>	<p>19) Apple-Glazed Chicken, Spiced Yams, Brussels Sprouts, Whole Wheat Roll, Fresh Fruit</p> <p>OR</p> <p>Turkey &amp; American Cheese on White Bread, Honey-Ginger Carrots</p> <p><i>Vegetarian:</i> Lentil Bolognese w/Spaghetti</p>	<p>20) Potato Crusted Fish w/Tartar Sauce, White Bean &amp; Arugula Salad, Broccoli, Whole Wheat Bread, Fresh Fruit</p> <p>OR</p> <p>Roast Beef &amp; American Cheese on Whole Wheat, Coleslaw</p> <p><i>Vegetarian:</i> Cold Sesame Tofu &amp; Noodle Salad</p>	<p>21) Ziti Bake, Garden Vegetable Blend, Whole Wheat Bread, Hot Spiced Apples</p> <p>OR</p> <p>Tuna Salad on Kaiser Roll, Three-Bean Salad</p> <p><i>Vegetarian:</i> Quinoa w/Peas &amp; Onions</p>	<p>22) Popcorn Chicken, Scalloped Potatoes, Green Beans, Whole Wheat Bread, Tropical Fruit</p> <p>OR</p> <p>Chicken Caesar Salad w/Dressing, Pasta Salad</p> <p><i>Vegetarian:</i> Red Beans &amp; Rice</p>
<p>25) Honey-Mustard Chicken, Whipped Potatoes, Harvard Beets, Dinner Roll, Fresh Fruit</p> <p>OR</p> <p>Egg Salad on Whole Wheat, Tuscany Vegetable Salad</p> <p><i>Vegetarian:</i> Cheese Ravioli w/Tomato-Basil Cream Sauce</p>	<p>26) 10-Grain Pollock w/Tartar Sauce, Corn, Carrots, Whole Wheat Bread, Pineapple Chunks</p> <p>OR</p> <p>Roast Beef &amp; Cheese on Whole Wheat, Copper Pennies</p> <p><i>Vegetarian:</i> Mac &amp; Cheese</p>	<p>27) Hamburger on Bun, Baked Beans, Coleslaw, Hot Spiced Apples</p> <p>OR</p> <p>French Bistro Turkey Salad, Cucumber Salad</p> <p><i>Vegetarian:</i> Fiesta Chopped Salad w/Black Beans</p>	<p>28) Chicken Shawarma, Yellow Rice, Whole Wheat Pita, Cucumber &amp; Tomato Salad</p> <p>OR</p> <p>Lemon-Pepper Tuna Salad on Whole Wheat Pita, Black-eyed Pea Salad</p> <p><i>Vegetarian:</i> Black Bean &amp; Corn Quinoa</p>	<p>29) Beef &amp; Chicken Meatballs w/Marinara, Whole Grain Rotini, California Vegetable Blend, Whole Wheat Bread, Fresh Fruit</p> <p>OR</p> <p>Turkey &amp; Cheddar on Whole Wheat, Pasta Salad</p> <p><i>Vegetarian:</i> General Tso's Tofu</p>

## How Many Calories Do People Over Age 50 Need Each Day?

<p>A woman:</p> <ul style="list-style-type: none"> <li>■ Who is not physically active needs about 1,600 calories</li> <li>■ Who is somewhat active needs about 1,800 calories</li> <li>■ Who has an active lifestyle needs about 2,000-2,200 calories</li> </ul>	<p>A man:</p> <ul style="list-style-type: none"> <li>■ Who is not physically active needs about 2,000-2,200 calories</li> <li>■ Who is somewhat active needs about 2,200-2,400 calories</li> <li>■ Who has an active lifestyle needs about 2,400-2,800 calories</li> </ul>
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Aim for at least 150 minutes (2½ hours) of physical activity each week. Try to be active throughout the day to reach this goal and avoid sitting for a long time.