

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

Damascus Senior Center

September 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 must be made by 2:00pm on Monday of the week the meals are served. Cancellations are to be made at the nutrition site if you cannot honor your reservation , call 240-777-6995. For information about the Senior Nutrition Program, call 240-777-3810.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Questions about diet, health and nutrition? Call the Senior Nutrition Hotline and speak directly with a Registered Dietitian. Wednesdays 9-11 am 240-777-1100 Questions about diet, health and nutrition? Call the Senior Nutrition Hotline and speak directly with a Registered Dietitian. Wednesdays 9-11 am 240-777-1100</p>			<p style="text-align: center;">1</p> <p>White Grape Juice Rotini w/Tom. Sauce Italian Meatballs Garden Salad Italian Wheat Bread Poached Pears</p>	<p style="text-align: center;">2</p> <p>Potato/Bean Soup Turkey/Chef Salad Pasta/Veggie Salad Fresh Fruit</p>
<p style="text-align: center;">5</p> <p style="text-align: center;">LABOR DAY</p>	<p style="text-align: center;">6</p> <p>Grape Juice Herb Baked Chicken Mac 'n Cheese Broccoli Spice Muffin Fresh Fruit</p>	<p style="text-align: center;">7</p> <p>Salmon Patty Herbed Rice Zuc/Tom/Onion Medley Let/Tom/Cuc Whole Wheat Bun Fruited Gelatin</p>	<p style="text-align: center;">8</p> <p>Veg/Bean Soup Oven Fried Chicken Sweet Pot/Apples Corn Muffin Applesauce</p>	<p style="text-align: center;">9</p> <p>Cranberry Juice Turkey Burger On Whole Wheat Bun Baked Beans Let/Tom/Cuc Fresh Fruit</p>
<p style="text-align: center;">12</p> <p>Apple Juice BBQ Beef On Whole Wheat Bun Baked Potato Coleslaw Fresh Fruit</p>	<p style="text-align: center;">13</p> <p>Cran-Raspberry Juice Chicken Divan Egg Noodles Broccoli Whole Wheat Bread Applesauce</p>	<p style="text-align: center;">14</p> <p>Tom/Basil/Bean Soup Spinach Quiche Mandarin Salad Spice Muffin Cinnamon Peaches</p>	<p style="text-align: center;">15</p> <p>Cran-Grape Juice Chili/Mac Casserole Calif. Veggie Medley Corn Muffin Fresh Fruit</p>	<p style="text-align: center;">16</p> <p>Cran-Apple Juice Poached Salmon Baked Sweet Potato Spinach Whole Wheat Bread Fresh Fruit</p>

Please turn page for more menus and Nutrition Notes

<p>19 Cran-Apple Juice Egg Salad Sandwich on Whole Wheat Bread Carrot/Raisin Salad Fresh Fruit</p>	<p>20 White Grape Juice Lazy Day Lasagna Italian Meatballs Tossed Salad Cheesy Garlic Biscuit Fresh Fruit</p>	<p>21 Salmon Patty Herbed Rice Zuc/Tom/Onion Medley Let/Tom/Cuc Whole Wheat Bun Fruited Gelatin</p>	<p>22 Grape Juice Taco/Bean Salad With Tostito Chips Corn Casserole Apple Crisp</p>	<p>23 Tomato/Carrot Soup Grilled Cheese Sandwich on Whole Wheat Bread 3-Bean Salad Fresh Fruit</p>
<p>26 Cranberry Juice Meatloaf Baked Potato Green Beans Pineapple Betty</p>	<p>27 Cran-Raspberry Juice Teriyaki Chicken Scalloped Potatoes Let/Tom/Cuc Soda Bread Fresh Fruit</p>	<p>28 Broccoli/Bean Soup Cheeseburger Potato Salad Let/Tom/Cuc Whole Wheat Bun Fruited Gelatin</p>	<p>29 Cran-Grape Juice BBQ Chicken Mac 'n Cheese Broccoli Spice Muffin Fresh Fruit</p>	<p>30 Cran-Apple Juice Tuna Salad Sandwich On Whole Wheat Bread Pasta/Veggie Salad Fresh Fruit</p>

Nutrition Notes: Go Nuts!

Almonds
Cashews

Pecans
Peanuts

Pistachios
Walnuts

Brazil Nuts
Chestnuts

Hazelnuts
Macadamias

Nuts can be a great snack for people of all ages. What makes nuts a special snack is the variety! Variety is important because each provides different nutrients and health benefits. Try a small handful of a variety!

What makes them so nutritious? These nuts are packed with protein, healthy fats, B vitamins, antioxidants, and minerals. Almonds are rich in the antioxidant, vitamin E. Walnuts provide omega-3 fats that can protect your heart health. Peanuts are especially high in niacin, a B vitamin.

How much do you need? A "small handful" is one serving of nuts. An example would be 24 almonds, 14 walnuts, or 48 pistachios.

Shopping tip: Make sure to buy the "no salt added" varieties for the healthiest option.