

# March

# Menu

Please make a donation at [sco.org/aging-adult-services](http://sco.org/aging-adult-services) to help provide meals for seniors. Meals on Wheels menus may vary.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Alternate meals for March*: Stuffed Spud &amp; Salad</b> <b>Week 1</b> – Creamy Chicken & Cheese Sauce <b>Week 2</b> – Mexican Seasoned Beef w/ Cheese & Sour Cream <b>Week 3</b> – Roasted Chicken & Alfredo Sauce <b>Week 4</b> – BBQ Beef & Cheese Sauce			ROAST PORK Whipped Sweet Potatoes Apple Cider Glaze Green Beans Cole Slaw Peach Cobbler 1	SALISBURY STEAK Mashed Potatoes Brown Gravy Mixed Vegetables Fresh Apple 2
WESTERN PORK STEW Whole Kernel Corn Green Beans Almondine Fresh Orange 5	<b>BIRTHDAY MEAL</b> BEEF POT ROAST Brown Gravy Mashed Potatoes California Blend Vegetables Fresh Strawberries Birthday Cupcake 6	CHICKEN ALFREDO w/ Pasta Steamed Spinach Capri Blend Vegetables Lemon Pudding 7	PORK RIBBLETT Macaroni & Cheese BBQ Sauce Scandinavian Blend Vegetables Fresh Apple 8	BAKED CHICKEN BREAST Cream Sauce Green Peas Whole Wheat Roll Tropical Mixed Fruit 9
TURKEY LOAF Parsley Potatoes Poultry Gravy Green Peas Fresh Tangerine 12	CALYPSO CHICKEN w/ Pasta Italian Blend Vegetables Whole Kernel Corn Spiced Peaches 13	SLICED ROAST TURKEY Mashed Potatoes Poultry Gravy Green Beans Spinach Romaine Salad Pineapple Pistachio Fluff 14	MEATLOAF Roasted Red Potatoes Brown Gravy Mixed Vegetables Tropical Mixed Fruit Whole Wheat Roll 15	<b>HOLIDAY MEAL</b> CORNED BEEF Colcannon Potatoes Biscuit Cabbage Seasonal Fresh Fruit Holiday Cookie 16
LEMON HERB CHICKEN Brown Rice California Blend Vegetables Peaches & Pears Joy's Applesauce Cookie 19	SALISBURY STEAK O'Brien Potatoes Brown Gravy Mixed Vegetables Fresh Apple 20	COUNTRY MEATBALLS w/ Sauce Pasta Carrots Spinach Romaine Salad Rocky Road Pudding 21	CHICKEN FAJITA Mixed Bell Pepper & Onions Refried Beans Whole Kernel Corn Whole Grain Tortilla 22	TURKEY POT ROAST Lyonnaise Potatoes Poultry Gravy Green Peas & Carrots Peaches Cinnamon Sugar Cookie 23
SWISS STYLE BEEF PATTY w/ Swiss Style Sauce Mashed Potatoes Broccoli Cauliflower Blend Carrots Fresh Orange 26	BAKED CHICKEN THIGH Whole Grain Penne Pasta Cacciatore Sauce Italian Blend Vegetables Spinach Romaine Salad Almond Cookie 27	CHEESE OMELET Breakfast Turkey Sausage Western Omelet Sauce Roasted Red Potatoes Mixed Bell Pepper & Onions Fresh Banana 28	SHREDDED BBQ CHICKEN SANDWICH w/ Hamburger Bun Chuckwagon Corn Confetti Coleslaw Tropical Fruit Cup 29	MEATLOAF Garlic Potatoes Brown Gravy Green Beans Fresh Banana 30

\*Alternate meals at select senior centers only

All meals served with 8 oz milk and appropriate condiments

# Heart Health

Heart Disease is the leading cause of death in the United States. More than 600,000 Americans die of heart disease each year. That's one in every four deaths in this country.

## What are the signs and symptoms?

Someone having a heart attack may experience several symptoms, including:

- Chest pain or discomfort that doesn't go away after a few minutes.
- Pain or discomfort in the jaw, neck, or back.
- Weakness, light-headedness, nausea (feeling sick to your stomach), or a cold sweat.
- Pain or discomfort in the arms or shoulder.
- Shortness of breath.

If you think that you or someone you know is having a heart attack, call 9-1-1 immediately.

## How can you reduce your risk of heart disease?

- 1. Don't smoke.** If you need help quitting, visit Utah's Tobacco Quitline at [www.utahquitnet.com](http://www.utahquitnet.com) or call 1-800-quit-now.
- 2. Maintain a healthy weight** by eating a healthy diet with lots of fruits and vegetables. Avoid saturated fats found in high fat cheeses, whole milk and cream, butter, ice cream and palm & coconut oils.
- 3. Prevent or treat your other health conditions**, especially high blood pressure, high cholesterol, and diabetes.
- 4. Be physically active.** Visit your local Salt Lake County senior center to join an EnhanceFitness exercise class. This fun class is geared for older adults and focuses on cardio, strength training, flexibility and balance.

