

December

Menu

Please make a donation at slco.org/aging-adult-services to help provide meals for seniors. Meals on Wheels menus may vary.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WINTER HOLIDAY MEAL SLICED HAM Pineapple Sauce Mashed Potatoes Mixed Vegetables Whole Wheat Dinner Roll Raspberry Gelatin w/ Whip Cherry Pie				PORK RIBBLETT w/ BBQ Sauce German Potato Salad Italian Blend Vegetables Spinach/Romaine Salad Spiced Peaches
SALISBURY STEAK w/ Brown Gravy Roasted Red Potatoes Scandinavian Blend Vegetables Mandarin Oranges	BAKED CHICKEN BREAST Creole Sauce Mashed Potatoes Mixed Vegetables Whole Wheat Dinner Roll Seasonal Fresh Fruit	BEEF ENCHILADA BAKE Whole Kernel Corn Garden Vegetable Salad Pears	CHICKEN PARMESAN Rotini Pasta Italian Blend Vegetables Green Peas Cherry Gelatin w/ Mixed Fruit	SWEET & SOUR PORK Lo Mein Noodles Broccoli Cuts Whole Wheat Dinner Roll Pineapple Tidbits
4	5	6	7	8
COUNTRY MEATBALLS w/ Country Sauce Whole Grain Penne Pasta Mixed Vegetables Fresh Orange	WINTER HOLIDAY MEAL OR CHICKEN POMODORO Rotini Pasta Green Beans Carrots Garlic Breadstick Orange Gelatin w/ Pears	BAKED CHICKEN BREAST w/ Cream Sauce Brown Rice Green Peas Spinach/Romaine Salad Peach Crisp	PORK RIBBLETT w/ BBQ Sauce Baked Potato Wedges Normandy Blend Vegetables Fresh Tangerine	WINTER HOLIDAY MEAL OR CHICKEN POMODORO Rotini Pasta Green Beans Carrots Garlic Breadstick Orange Gelatin w/ Pears
11	12	13	14	15
PORK CARNITAS Whole Kernel Corn Refried Beans Whole Grain Tortilla Fresh Tangerine	BREAKFAST BURRITO w/ Cheese Sauce Bell Pepper & Onions Fresh Orange	TURKEY PATTY w/ Creole Sauce Mashed Potatoes Broccoli Cuts Scandinavian Blend Vegetables Bread Pudding w/ Raisins & Caramel Sauce	BAKED CHICKEN THIGH w/ Marsala Sauce Whole Grain Penne Pasta Mixed Vegetables Spinach/Romaine Salad Chocolate Chip Cookie	BEEF STRIPS Brown Rice Bell Pepper & Onions Capri Blend Vegetables Whole Wheat Roll Fresh Banana
18	19	20	21	22
HOLIDAY - CENTERS CLOSED FOR CHRISTMAS	CALYPSO CHICKEN Whole Kernel Corn Pasta Fresh Tangerine Lemon Cookie	PAPRIKA BAKED CHICKEN w/ Cream Sauce Barley Risotto Scandinavian Blend Vegetables Pears	MEATBALLS w/ Marinara Sauce Herbed Noodles Carrots Whole Kernel Corn Breadsticks Lime Citrus Mold	NEW YEAR HOLIDAY MEAL ROAST PORK BBQ Glaze Spinach/Romaine Salad Green Beans Almandine Cornbread Dutch Apple Crisp
25	26	27	28	29

*Alternate meals at select senior centers only

All meals served with 8 oz milk and appropriate condiments

Winter Holiday Meal served on the 12th or 15th at Select Centers

Alternate meals for December*: Potato Bar with Fruit and Sour Cream

Week 1 – Beef Chili w/Beans, Cheese Sauce w/Broccoli

Week 2 – No Alternate – Special Holiday Meals

Week 3 – Chicken Chili, Cheese Sauce w/Broccoli

Week 4 – Pork Chili, Cheese Sauce w/Broccoli

Easy Ways to Beat the Winter Blues!

1. Get some exercise

Physical exercise is a proven depression buster, so don't use winter as an excuse to miss out on all those awesome mood-enhancing endorphins. Check out the EnhanceFitness class at your senior center for some fun exercise.

2. Take vitamin D supplements

In the winter it's harder to get the vitamin D we need from the sunshine. Vitamin D can improve your mood, energy levels and calcium absorption. The recommended dose is 1000 IUs per day.

3. Stay social

Though it's tempting to hibernate and avoid going out completely in the winter, force yourself to get out and visit friends. Your local senior center has plenty of classes, activities and even lunch to keep you busy. Being around your friends will brighten your mood.

4. Keep a set sleep schedule

Sleeping until noon on cold winter days feels heavenly, but if you can, try to adhere to a regular sleeping schedule. Because face it, spending a whole day in bed only makes you feel guilty about all that stuff you should be doing. Right?

5. Make your bed every day

It's a simple way to feel accomplished. Bonus: It will keep you from getting back into it!

6. Remember, seasons change

It won't be winter forever. Soon it will be spring!