

May

Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Alternate Meals for May*: Week 1 – Sliced Turkey Sandwich Week 2 – Hotdog & Coleslaw Week 3 – Baked Potato with Mexican Seasoned Beef Week 4 – Baked Potato with Creamy Chicken Week 5 – Mexican Seasoned Beef Soft Taco		CHEESE OMELET Served with Western Sauce Breakfast Sausage Roasted Red Potatoes Mixed Bell Peppers & Onions Seasonal Fresh Fruit Picante Sauce	Shredded BBQ Chicken Served on a Bun Chuckwagon Corn Confetti Cole Slaw Pineapple Pudding	BEEF ENCHILADA BAKE Black Beans & Corn Fiesta Coleslaw Tropical Fruit Rocky Road Pudding
SHREDDED PORK Served with Rice Whole Kernel Corn Black Beans Pineapple Tidbits Salsa	BIRTHDAY MEAL MEATLOAF Mashed Potatoes & Brown Gravy Stewed Tomatoes Green Beans Seasonal Fresh Fruit Birthday Cupcake	BREADED FISH Served with Tartar Sauce Roasted Red Potatoes Green Peas Seasonal Fresh Fruit	Roast Glazed Pork Whipped Sweet Potatoes Green Beans Cole Slaw Peach Cobbler	TURKEY POT ROAST Served with Poultry Gravy Lyonnaise Potatoes Green Beans Seasonal Fresh Fruit Strawberry Shortcake
WESTERN PORK STEW Whole Kernel Corn Green Beans Fresh Orange Dinner Roll	SPAGHETTI & MEATBALLS Served with Marinara Sauce Green Peas Spinach Romaine Salad Breadsticks Lemon Pudding	TURKEY POT PIE Served over Biscuit Steamed Spinach Mixed Vegetable Blend Lime Peach Mold	BBQ RIBLETTE PATTY Macaroni & Cheese Mixed Vegetable Blend Seasonal Fresh Fruit	SALISBURY STEAK Mashed Potatoes & Brown Gravy Mixed Vegetable Blend Peaches Mocha Nut Cookie
ESCALLOPED TURKEY Green Peas Seasonal Fresh Fruit Dinner Roll	CHICKEN FETTUCCINE Mixed Vegetable Blend Whole Kernel Corn Spiced Peaches Breadsticks	SLICED ROAST TURKEY Mashed Potatoes & Turkey Gravy Green Beans Spinach Romaine Salad Pineapple Crisp	MEATLOAF Served with Brown Gravy Roasted Red Potatoes Mixed Vegetable Blend Tropical Mixed Fruit Dinner Roll	MEMORIAL DAY SPECIAL HAMBURGER Served with Bun American Cheese Lettuce & Tomato Baked Beans Chocolate Cupcake
HOLIDAY - CENTERS CLOSED FOR MEMORIAL DAY	SALISBURY STEAK Served with Brown Gravy O'brien Potatoes Mixed Vegetable Blend Seasonal Fresh Fruit	COUNTRY MEATBALLS Served with Pasta & Gravy Carrots Spinach Romaine Salad Chocolate Pudding	CHICKEN FAJITA Mixed Bell Peppers & Onions Refried Beans Whole Kernel Corn Flour Tortilla	TURKEY DIVAN Served with Divan Sauce Lyonnaise Potatoes Green Peas & Carrots Peaches Sugar Cookie

*Alternate meals at select senior centers only

All meals served with 8 oz milk and appropriate condiments

Healthy Eating

Eating right doesn't have to be complicated. Before you eat, think about what goes on your plate or in your bowl. Choose foods that provide the nutrients you need without too many calories. Try these tips:

Make half your plate fruits and vegetables.

Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Fresh, frozen and canned vegetables all count. Choose “reduced sodium” or “no-salt-added” canned vegetables.

Add fruit to meals and snacks. Buy fruits that are dried, frozen or canned in water or 100% juice, as well as fresh fruits.

Make at least half your grains whole.

Choose 100% whole-grain breads, cereals, crackers, pasta and brown rice. Also, look for fiber-rich cereals to help stay regular.

Switch to fat-free or low-fat milk, yogurt and cheese.

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

Vary your protein choices.

Eat a variety of foods from the protein food group each week, such as seafood, nuts, and beans and peas, as well as lean meat, poultry and eggs.

Cut back on sodium and empty calories from solid fats and added sugars.

Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with lower numbers. Add spices or herbs to season food without adding salt.

