

December

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
BAKED CHICKEN BREAST w/ Marsala Sauce Roasted Red Potatoes California Blend Vegetables Fresh Apple Sugar Cookie 3	<u>BIRTHDAY MEAL</u> SALISBURY STEAK w/ Brown Gravy Mashed Potatoes Glazed Carrots Tropical Mixed Fruit 4	BEEF & CHEESE MAC Cauliflower & Broccoli Garden Vegetable Salad Bread Stick Pineapple Salad Dressing 5	GERMAN MEATBALLS w/ German Sauce Whole Grain Pasta Coleslaw Seasons Carrots Lemon Pudding 6	TURKEY POT ROAST w/ Gravy Over Biscuit Green Peas Spinach/Romaine Salad Pears Salad Dressing 7
WHITE BEAN CHICKEN CHILI Seasoned Green Beans Normandy Blend Vegetables Pear Cobbler Whole Wheat Dinner Roll Butter 10	<u>HOLIDAY SPECIAL OR</u> BBQ RIBETTE Mixed Vegetables O'Brien Potatoes Seasonal Fruit BBQ Sauce 11	SWEET & SOUR PORK Steamed Brown Rice Cut Green Beans Whole Kernel Corn Mandarin Oranges 12	BAKED CHICKEN BREAST Honey Glaze Noodles California Blend Vegetables Green Peas Pineapple Pudding 13	<u>HOLIDAY SPECIAL OR</u> BBQ RIBETTE Mixed Vegetables O'Brien Potatoes Seasonal Fruit BBQ Sauce 14
TERIYAKI MEATBALLS w/ Teriyaki Sauce w/ Steamed Brown Rice Broccoli Cuts & Florets Seasoned Carrots Rocky Road Pudding 17	MEATLOAF w/ Brown Gravy Mashed Potatoes Stewed Tomatoes Fresh Tangerine 18	ITALIAN MEAT SAUCE Spaghetti Pasta Seasoned Cut Green Beans Spinach Romaine Salad/Dressing Applesauce Breadstick 19	TURKEY BURGER on a Bun Lettuce/Tomato Baked Beans Mixed Vegetables BBQ Sauce 20	SWISS STYLE BEEF STEAK Whipped Potatoes Normandy Blend Vegetables Spinach Spiced Apples 21
CHICKEN THIGH w/ Mushroom Gravy Seasoned Brown Rice Broccoli Cuts & Florets Whole Kernel Corn Lemon Cookie 24	CLOSED FOR THE HOLIDAY 25	POTATO CRUSTED FISH w/ Tartar Sauce Peas & Onions Garden Veg. Salad/Dressing Canned Pears Cookies 'n Cream Pudding 26	CHICKEN BREAST w/ Cordon Bleu Sauce Bowtie Pasta Seasoned Green Beans Seasoned Carrots Fresh Banana 27	<u>NEW YEAR'S SPECIAL</u> ROAST PORK W/ BBQ GLAZE Spinach/Romaine Salad/Dressing Green Beans Almondine Cornbread, Butter Dutch Apple Crisp 28
SALISBURY STEAK w/ Brown Gravy Mashed Potatoes Mixed Vegetables Stewed Tomatoes Fresh Apple 31	<u>HOLIDAY SPECIAL</u> SLICED HAM w/ GRAVY Mashed Potatoes & Stuffing Peas & Carrots Whole Grain Dinner Roll/Butter Green Cloud Salad Cherry Pie			

Alternate meals for December*: Soup or Salad

Week 1 – Chili w/ Beans, Baked Potato & Broccoli

Week 2 – No Alternates for the Week

Week 3 – Pork Chili, Broccoli & Baked Potato

Week 4 – Taco Salad, Black Beans & Spanish Rice

*Alternate meals at select senior centers only

All meals served with 8 oz milk and appropriate condiments

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!