

Department of Health & Human Services
Montgomery County Senior Nutrition Program
Damascus Senior Center **October 2017**

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 for each week are to be made at Damascus Senior Center (240-777-6995) no later than 2 p.m. Monday of the week the meals are served. Please call if you must cancel your reservation so we can offer the meal to others who might be interested. *For information about the Senior Nutrition Program, call 240-777-3810.*

VEGETARIAN ALTERNATIVE AVAILABLE BY ADVANCED REQUEST!

Fat Free milk served with all meals.

Menus subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Peach Mango Juice Meatloaf Potato Wedges Green Beans Whole Wheat Bread Fresh Fruit	3 Cran-Raspberry Juice Chicken Alfredo w/ Wilted Spinach and Penne Pasta Tossed Salad Lemon-Olive Oil Cake	4 NATIONAL TACO DAY Crunchy Turkey Tacos Pico de Gallo Cilantro Rice Chopped Salad Mexican Slaw Cinnamon Muffins	5 Cran-Raspberry Juice Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Green Beans Apple Brown Betty	6 Tomato Soup Grilled Cheese on Whole Wheat Bread Garden Salad Fruit Cobbler
9 Apple Juice Pizza Bagel Wedge Salad Black Bean Brownies Fresh Fruit	10 Cranberry Juice Shepherd's Pie Steamed Vegetables Cheesy Garlic Biscuit Pear Crisp	11 Butternut Squash Soup Egg & Cheese Strata Spinach Salad Rosemary Scone Fresh Fruit	12 Grape Juice Oven-Fried Chicken Mac 'n Cheese Garden Salad Cornbread Muffin Fruit Salad	13 Cran-Pom Juice Baked Salmon Sweet Potato Broccoli Whole Wheat Bread Fruit
16 Apple Juice Stuffed Peppers Baked Potato Green Beans Cornbread Fruit Cobbler	17 Cran-Grape Juice Teriyaki Meatballs with Broccoli Florets Brown Rice Mandarin Chopped Salad Lime Muffins	18 Cran-Pom Juice Salmon Patty w/ Homemade Tartar Sauce on Whole Wheat Bun Curried Veg Cous Cous Baked Vegetables Chocolate Cupcake	19 Apple Juice Chicken Parmesan Penne w/Tom Sauce Garlic & Herb Biscuit Green Beans Fruit Galette	20 Grape Juice Salsa Verde Chicken Cilantro Rice Coleslaw Whole Wheat Tortillas Fresh Fruit

Please turn page for more menus and Nutrition Notes

<p style="text-align: center;">23</p> <p style="text-align: center;">Apple Juice Tuna Salad Sandwich on Whole Wheat Bun Tossed Salad Sweet Potato “Fries” Fresh Fruit</p>	<p style="text-align: center;">24</p> <p style="text-align: center;">Broccoli Cheddar Soup Mushroom Burger on Whole Wheat Bun Honey Mustard Pot Salad Garden Greens Black Bean Brownie</p>	<p style="text-align: center;">25</p> <p style="text-align: center;">BREAKFAST FOR LUNCH Peach Mango Juice Pumpkin Waffles with Spiced Pecans Turkey Sausage Roasted Squash Banana Muffin Fruit Salad</p>	<p style="text-align: center;">26</p> <p style="text-align: center;">Egg Drop Soup Wonton Crisps Chicken & Veg. Stir Fry Fried Vegetable Rice Orange Fruited Gelatin</p>	<p style="text-align: center;">27</p> <p style="text-align: center;">Cran-Apple Juice Egg Salad Sandwich on Whole Wheat Bread Carrot/Raisin Salad Fresh Fruit</p>
<p style="text-align: center;">30</p> <p style="text-align: center;">Grape Juice Cheese & Tom Lasagna Garden Salad Garlic Bread Blueberry Crisp</p>	<p style="text-align: center;">31</p> <p style="text-align: center;">HALLOWEEN LUNCHEON Bloody Mary Ghoulash Spooky Salad Skeleton Bones Shriveled Eyeballs Witchy Fingers</p>		<p style="text-align: center;">Questions about diet, nutrition and health? Call the Senior Nutrition Hotline Speak directly to a registered dietitian. Wednesdays 9-11 am 240-777-1100</p>	

Nutrition Notes: Warming up with Squash

Did you know squash is one of the oldest known crops dating back almost 10,000 years?

In October, a variety of squash will be available at your local grocery store and farmer’s market including acorn, butternut, hubbard, pumpkin, and spaghetti.

Different types of squash offer a variety of vitamins and minerals, but all are a great source of vitamin A, which promotes eye health.

Why not try *roasting* your squash to give it that sweet and delicious flavor? All you need to do is cut the squash in half or in cubes and pop it in the oven at 400°F for 20 – 25 minutes. Brush with a bit of olive oil. Or try microwaving cut-up squash on high power - just cover with a paper towel and cook until tender. Cutting the squash can be difficult, so just ask the produce specialist to cut it before leaving your store.