

Department of Health & Human Services
Montgomery County Senior Nutrition Program
Damascus Senior Center September 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. Cancellations should be called in as soon as possible. **VEGETARIAN ALTERNATIVE AVAILABLE BY ADVANCE REQUEST!** For information about the Senior Nutrition Program, call 240-777-3810.

Fat Free milk served with all meals.

Menus subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cranberry Juice Lemon Poached Salmon Herbed Brown Rice Garden Salad Whole Wheat Pita Fresh Fruit
4 HAPPY LABOR DAY! CENTER CLOSED	5 Sesame Chicken & Broccoli Vegetable Quinoa Scallion Scones Garden Salad Orange Wedges	6 Apple Juice Oven-Fried Chicken Mashed Potatoes and Gravy Vegetable Medley Black Bean Brownie & Fresh Berries	7 Grape Juice Italian Meatballs Pasta w/ Tom Sauce Tossed Green Salad Garlic Bread Apple-Blueberry Crumble	8 Cran-Apple Juice Egg Salad Sandwich on Whole Wheat Bun Potato Wedges Steamed Green Beans Fresh Fruit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>11 Apple Juice Tuna Salad Sandwich on Whole Wheat Bun Pasta/Veggie Salad Fresh Fruit</p>	<p>12 Grape Juice BBQ Chicken Whole Wheat Bun Potato Wedges Cowboy "Caviar" Garden Salad</p>	<p>13 Cran-Grape Juice Baked Wonton Crisps Sweet & Sour Chicken w/ Roasted Vegetables Brown Rice with Peas Chopped Salad Orange Wedges</p>	<p>14 Chicken Salad with Grapes/Pecans/Apples Whole Wheat Bun Tossed Garden Salad Cinnamon Cupcakes with Fresh Berries</p>	<p>15 Grape Juice Meatloaf Mashed Potatoes Corn on the Cob Whole Wheat Bread Fruit Salad</p>
<p>18 White Bean & Turkey Chili Cornbread Muffin Tomato Salad Vegetable Medley Fruit Cobbler</p>	<p>19 Cran-Pom Juice Vegetable and Chicken Pot Pie Garden Salad Banana Muffins</p>	<p>20 Grape Juice Chicken Alfredo w/ Wilted Spinach Penne Pasta Garden Salad Blueberry Crumble</p>	<p>21 Cranberry Juice Herb Baked Chicken Penne Pasta & Tomato Sauce Steamed Broccoli Garlic Wheat Bread Black Bean Brownies</p>	<p>22 Grape Juice Cheese & Tom Lasagna Tossed Green Salad Garlic Bread Fruit Salad</p>
<p>25 Cranberry Juice Cheeseburger Whole Wheat Bun Herbed Potato Wedges Garden Salad Fresh Fruit</p>	<p>26 NATIONAL PANCAKE DAY Orange Juice Buttermilk Pancakes With Fresh Berries Chantilly Cream Egg & Cheese Frittata Turkey Sausage Potato Wedges</p>	<p>27 Salmon Patty with Tartar Sauce Lemon & Veg. Quinoa Steamed Broccoli Tossed Salad Whole Wheat Bun Pumpkin Muffins</p>	<p>28 Apple Juice Breaded Chicken Harvest Cobb Salad Sauteed Green Beans Smashed Potatoes Cornbread</p>	<p>29 Cran-Raspberry Juice Stuffed Pepper Baked Potato Green Beans Whole Wheat Bread Fresh Fruit</p>

Nutrition Notes: Go Nuts!

Nuts can be a great snack for people of all ages. What makes nuts a special snack is the variety! Variety is important because each provides different nutrients and health benefits. Try a small handful of a variety!

Almonds
Cashews

Pecans
Peanuts

Pistachios
Walnuts

Brazil Nuts
Chestnuts

Hazelnuts
Macadamias

How much do you need? A "small handful" is one serving of nuts. An example would be 24 almonds, 14 walnuts or 48 pistachios.

Shopping tip: Make sure to buy the "no salt added" varieties for the healthiest option.