# December 2010

## Senior Nutrition Program Project CHERISH

## *High Sodium Meal (over 1,000 mg)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | | **Chicken Strip *** **1**<br>**w/ BBQ Dipping Sauce**<br>Baked Beans<br>Broccoli<br>Creamy Cole Slaw<br>Whole Wheat Dinner Roll<br>Chilled pears<br>Oatmeal Cookies | **Meatloaf w/ Gravy *** **2**<br>Mashed Potatoes<br>Lima Beans w/ Carrots<br>Green Salad w/ Dressing<br>Whole Wheat Dinner Roll<br>Chilled Mandarin Oranges | Orange Juice **3**<br>**Fish Sandwich***<br>w/ Tartar Sauce<br>Lettuce/ Tomato/ Onion<br>Potato Wedges<br>Creamy Cole Slaw<br>Chocolate Pudding |
| **Sloppy Joe *** **6**<br>Potato Wedges<br>Parslied Carrots<br>Pepper Cole Slaw<br>Spiced Cake<br>Applesauce | **Pinto Beans w/ Ham*** **7**<br>Tossed Green Salad<br>w/ Tomato Wedges & Dressing<br>Cornbread<br>Chilled Pineapple Chunks | **Chicken Keiv** **8**<br>Rice Pilaf<br>Broccoli / Cauliflower<br>Green Salad w/ Dressing<br>Whole Wheat Dinner Roll<br>Fruit Salad (Melons, orange, & pineapple chunks) | **Hamburger** **9**<br>w/ Mayo/Mustard/Ketchup<br>Lettuce/Tomato/Onion<br>Potato Wedges<br>Creamy Cole Slaw<br>Chilled Mandarin Oranges | **Tuna Salad** **10**<br>**On Spinach/Romaine Mix ***<br>Tomato Wedges<br>Carrot Sticks<br>Pickle Spears<br>Whole Wheat Crackers<br>Banana<br>Jell-O |
| **Pepper Steak w/ Gravy*** **13**<br>Mashed Potatoes<br>Whole Kernel Corn<br>Lettuce / Spinach Salad<br>w/ Ranch Dressing<br>Whole Wheat Dinner Roll<br>Chilled Pears | **Taco Salad** **14**<br>**w/ Tortilla Chips**<br>w/ Shredded Lettuce<br>w/ Diced Tomatoes<br>w/ Shredded Cheese<br>Refried Beans<br>Salsa<br>Chilled Mandarin Oranges | **Honey Glazed Chicken*** **15**<br>**Skewers**<br>Baked Sweet Potatoes<br>Spinach Salad w/ Tomatoes & Egg Garnish<br>w/ Ranch Dressing<br>Whole Wheat Dinner Roll<br>Melon Slice<br>Jell-O | **Beef Stroganoff *** **16**<br>**w/ Egg Noodles**<br>Mixed Vegetables<br>Tossed Green Salad<br>w/ Garbanzo Beans & Dressing<br>Whole Wheat Dinner Roll<br>Fruit Salad (Melon, oranges, & pineapple chunks) | **Breaded Fish Fillet *** **17**<br>w/ Tartar Sauce & Lemon<br>Potato Wedges<br>Mixed Vegetables<br>Creamy Cole Slaw<br>Whole Wheat dinner Roll<br>Chilled Strawberries |
| **Pork Chop Suey *** **20**<br>Steamed Rice<br>Chow Mien Noodles<br>Japanese Blend Vegetables<br>Beet & Onion Salad<br>Chilled Mandarin Oranges | **Beef Stew w/** **21**<br>**Potatoes & Carrots**<br>Creamy Cole Slaw<br>Whole Wheat Dinner Roll<br>Fruit Salad (Melon, orange, & pineapple chunks) | **Teriyaki Chicken Skewers** **22**<br>**w/ Pineapple Tidbits ***<br>Steamed Rice<br>Mixed Vegetables<br>Green Salad w/ Dressing<br>Whole Wheat Dinner Roll<br>Apple Crisp | **Beef Taco** **23**<br>w/ Shredded Cheese & lettuce<br>w/ Diced Tomatoes<br>Refried Beans<br>Salsa<br>Chilled Pears | **HOLIDAY FORZEN MEAL** **24**<br>For MOWs Only<br><br>**For Christmas**<br><br>CHERISH Site CLOSED |
| **White Navy Beans *** **27**<br>**w/ Ham**<br>Zucchini/Cauliflower<br>Pepper Cole Slaw<br>Cornbread<br>Apple Wedges | **Lasagna *** **28**<br>Lima Beans<br>Lettuce/Spinach Salad<br>w/ Italian Dressing<br>Garlic French Bread<br>Chilled Mandarin Oranges | **Chicken Cordon Bleu *** **29**<br>Rice Pilaf<br>Broccoli/Cauliflower<br>Green Salad w/ Dressing<br>Whole Wheat Dinner Roll<br>Applesauce<br>Spice Cake | **Salisbury Steak *** **30**<br>**w/ Gravy**<br>Mashed Potatoes<br>Carrots/Peas<br>Green Salad w/ Dressing<br>Whole Wheat Dinner Roll<br>Orange Wedges | **HOLIDAY FORZEN MEAL** **31**<br>For MOWs Only<br><br>**For New Years**<br><br>CHERISH Site CLOSED |

**ARE YOU 60 OR OLDER?**

ENJOY WITH OTHER SENIORS A NOON MEAL AT A *CHERISH* SITE.

ALL FOOD IS PREPARED IN OUR CENTRAL KITCHEN LOCATED IN MERCED THE FOOD IS THEN LOADED INTO FULLY INSULATED CONTAINERS, WHICH ASSURE BOTH QUALITY AND SAFETY.
THE PREPARED FOOD IS THEN DELIVERED BY VANS TO THE *CHERISH* SITES.

| | |
|---|---|
| **MERCED** | **723-9331** |
| **ATWATER** | **358-0681** |
| **WINTON** | **358-5387** |
| **LIVINGSTON** | **394-3954** |
| **GUSTINE (MOW)** | **723-4565** |
| **DOS PALOS** | **392-6803** |
| **LOS BANOS** | **826-4777** |
| **PLANADA** | **382-1101** |
| **HILMAR (MOW)** | **723-4565** |

**Cost of meals** is based on **Suggested Contribution** of **$2.00** for **Congregate Meals** and **$2.00** for **Meals-on-Wheels. Guest Cost $4.00 for those 59 years old and under.**

……..And Justice For All…….

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# Senior Nutrition Services
# The Benefits of Fiber

Fiber is the part of the plant that cannot be digested by humans. Thus, we do not get any calories from eating it. It is also called roughage or bulk.

**We need to consume 25-30gms of fiber each day.**

**What does fiber do?**

- It gives you a feeling of fullness and adds bulk to your diet.
- It helps to control weight.
- It helps prevent constipation.
- It helps to treat a disease of the intestines called diverticulosis.
- It helps to reduce the levels of bad cholesterol that causes heart disease.

**Fiber exists in two forms: soluble and insoluble.**

**Soluble Fiber** attracts water. The fiber turns into gel during digestion and speeds up the passage of your food through the stomach and the intestines and adds bulk to your stools. This type of fiber decreases blood cholesterol and blood sugar. Soluble fiber is found in citrus fruit like oranges, tangerines, mandarin oranges, grapefruit and juices. It is also found in flaxseed, soybeans, dried beans, peas, oatmeal and barley.
**Insoluble Fiber:** Increases your feeling of fullness, stool size and bulk and helps to reduce the occurrence of constipation and hemorrhoids. Insoluble fiber can also reduce risk of colon cancer. This type of fiber is found in wheat bran, whole cereal grains, soybeans and vegetables and fruits.

**If you want to add more fiber to your diet, check out this easy to make recipe:**

**Quick Black Beans & Rice**

1 (16 oz) can Black beans, drained
1 (15 oz) can stewed tomatoes, un-drained
1 cup frozen corn
1 Tbsp. dried onion
1 tsp. dried oregano
½ tsp. minced garlic
1 ½ cups instant brown rice

1. Bring tomatoes, beans, corn and spices to a boil.
2. Stir in rice and return to a boil.
3. Reduce heat, cover and simmer for 5 minutes, or until rice is cooked.
4. Remove from heat and let stand covered for 5 minutes.

Information from: CDA Nutrition Education Resources, by Marise E. d'Abreu, May 2004