MONDAY		TUESDAY	WEDNESDAY		THURSDAY		FRIDAY		ARE YOU 60 OR OLDER?
BBQ Pork on Bun Broccoli/Cauliflower Carrot-Raisin Salad Chilled Applesauce	1	Spaghetti w/ Meat Sauce * 2 Cauliflower/Carrots Tossed Green Salad w/ Italian Dressing Garlic French Bread Chilled Peaches Vanilla Pudding	Chicken Patty w/ Gravy * Mashed Potatoes Mixed Vegetables w/ Lima Beans Lettuce/Spinach Salad w/ Dressing Whole Wheat Dinner Roll Apple Wedges Peanut Butter Cookie	3	Tamale Pie * Pinto Beans Tossed Green Salad w/ Dressing Chilled Mandarin Oranges	4	Crab Salad On Spinach/Romaine Mix Whole Hard-Boiled Egg Tomato Wedges Carrot Sticks Whole Wheat Crackers Chilled Pineapple Tidbits	5	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.
Chili Con Carne * Carrot Coins Green Salad w/ Tomato & Dressing Cornbread Chilled Pears	8	Macaroni & Cheese * 9 w/ Ham Green Beans Lettuce/Spinach Salad w/ Kidney Beans & Dressing Whole Wheat Dinner Roll Chilled Strawberries	Chicken Nuggets * w/ BBQ Dipping Sauce Baked Beans Broccoli Creamy Cole Slaw Whole Wheat Dinner Roll Chilled Pears Oatmeal Cookies	10	Meatloaf w/ Gravy * Mashed Potatoes Lima Beans w/ Carrots Green Salad w/ Dressing Whole Wheat Dinner Roll Chilled Mandarin Oranges	11	HOLIDAY FORZEN MEAL For MOWs Only  Lincoln's Birthday  CHERISH Site CLOSED	12	MERCED       723-9331         ATWATER       358-0681         WINTON       358-5387         LIVINGSTON       394-3954         GUSTINE (MOW)       723-4565         DOS PALOS       392-6803
HOLIDAY FORZEN MEAL For MOWs Only  Presidents Day  CHERISH Site CLOSED	15	Pinto Beans w/ Ham * 16 Tossed Green Salad w/Tomato & Dressing Cornbread Chilled Pineapple Chunks	Chicken Keiv * Rice Pilaf Broccoli/Cauliflower Green Salad w/ Dressing Whole Wheat Dinner Roll Fruit Salad (Melon, orange, & pineapple chunks)	17	Hamburger w/ Mayo/Mustard/Ketchup Lettuce/Tomato/Onion Potato Wedges Creamy Cole Slaw Chilled Mandarin Oranges	18	Tuna Salad * On Spinach/Romaine Mix Tomato Wedges Carrot Sticks Pickle Spears Whole Wheat Crackers Banana Jell-O	19	LOS BANOS 826-4777 PLANADA 382-1101 HILMAR 632-8982 Cost of meals is based on Suggested Contribution of \$2.00 for Congregate Meals and \$2.00 for Meals-
Pepper Steak w/ Gravy * Mashed Potatoes Whole Kernel Corn Lettuce / Spinach Salad w/ Ranch Dressing Whole Wheat Dinner Roll Chilled Pears	21	Taco Salad y/Tortilla Chips w/ Shredded Lettuce w/ Diced Tomatoes w/ Shredded Cheese Refried Beans Salsa Chilled Mandarin Oranges	Honey Glazed Chicken * Skewers Baked Sweet Potatoes Spinach Salad w/ Tomatoes & Egg Garnish w/ Ranch Dressing Whole Wheat Dinner Roll Melon Slice Jell-O	23	Beef Stroganoff * w/ Egg Noodles Mixed Vegetables Tossed Green Salad w/ Garbanzo Beans & Dressing Whole Wheat Dinner Roll Fruit Salad (Melon, oranges, & pineapple chunks)	<b>24</b>	Breaded Fish Fillet * w/ Tartar Sauce & Lemon Potato Wedges Mixed Vegetables Creamy Cole Slaw Whole Wheat Dinner Roll Chilled Strawberries	25	on-Wheels. Guest Cost \$4.00 for those 59 years old and under.  This facility is operated in Accordance with U.S. Dept. of Agriculture policy, which does not permit discrimination because of race, color, sex, age, handicap or national origin. More information may
February 2010 Senior Nutrition Program Project CHERISH * High Sodium Meal (over 1,000 mg)									be obtained here or from the Office of Equal Opportunity, USDA, Washington, DC 20250

# ·@ .e. 6

## **Have a Healthy Heart**



Eating a healthy diet and engaging in regular physical activity are the best ways to keep your heart healthy! As you make daily food choices, consider these recommendations from the American Heart Association:

- Limit how much saturated fat, trans fat and cholesterol you eat. These fats are usually found in meat and dairy foods and products that are commercially baked and fried.
- Choose lean meats and poultry without skin and prepare them without added saturated and trans fat.
- Select fat-free, 1 percent fat and low-fat dairy products. If you drink whole or 2 percent milk, or use full-fat dairy products, gradually switch to fat-free, low-fat or reduced-fat dairy products.
- Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet. Use liquid vegetable oils and soft margarines in place of hard margarine or shortening. Also, limit bakery items and French fries made with partially hydrogenated or saturated fats.
- Cut back on foods high in dietary cholesterol.
- Cut back on beverages and foods with added sugars.
- Choose and prepare foods with little or no salt. Foods low in salt lower your risk for high blood pressure and may help you control it.

### This Month's Recipe:

Chinese-Style Chicken Thighs (Serves 4; 1 thigh & 1 TBSP sauce per serving)

### **Ingredients**

- 4 chicken thighs or breasts (1 1/2 pounds), skinned, all visible fat removed
- 2 tablespoons light soy sauce
- 2 tablespoons rice wine vinegar or cider vinegar
- 2 tablespoons dry sherry or orange juice
- 1 teaspoon toasted sesame oil
- 1 teaspoon honey
- 1/2 teaspoon bottled minced garlic
- 1 tablespoon orange juice or water
- 1 teaspoon cornstarch

#### **Cooking Instructions**

Preheat oven to 375°F. Arrange chicken in a single layer in a glass baking dish and set aside. In a small bowl, stir together soy sauce, vinegar, sherry, sesame oil, honey, and garlic and pour over chicken.

Bake, uncovered for 30 minutes, or until chicken is tender and no longer pink in center. Remove chicken from baking dish and keep warm.

Transfer sauce to a small saucepan. In a small bowl, stir together orange juice and cornstarch and add to sauce.

Cook and stir over medium heat until thickened and bubbly (3 minutes.) Cook 2 minutes more, stirring constantly. Serve chicken with sauce.