November 2010

Senior Nutrition Project CHERISH Menu

*High Sodium Meal (over 1,000 mg)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pepper Steak w/ Gravy* **1** Mashed Potatoes Whole Kernel Corn Lettuce / Spinach Salad w/ Ranch Dressing Whole Wheat Dinner Roll Chilled Pears	**Taco Salad** **2** **w/ Tortilla Chips** w/ Shredded Lettuce w/ Diced Tomatoes w/ Shredded Cheese Refried Beans Salsa Chilled Mandarin Oranges	**Honey Glazed Chicken*** **3** **Skewers** Baked Sweet Potatoes Spinach Salad w/ Tomatoes & Egg Garnish w/ Ranch Dressing Whole Wheat Dinner Roll Melon Slice Jell-O	**Beef Stroganoff *** **4** **w/ Egg Noodles** Mixed Vegetables Tossed Green Salad w/ Garbanzo Beans & Dressing Whole Wheat Dinner Roll Fruit Salad (Melon, oranges, & pineapple chunks)	**Bread Fish Fillet *** **5** w/ Tartar Sauce & Lemon Potato Wedges Mixed Vegetables Creamy Cole Slaw Whole Wheat Dinner Roll Chilled Strawberries
Pork Chop Suey * **8** Steamed Rice Chow Mien Noodles Japanese Blend Vegetables Beet & Onion Salad Chilled Mandarin Oranges	**Beef Stew** **9** **w/ Potatoes & Carrots** Creamy Cole Slaw Whole Wheat Dinner Roll Fruit Salad (Melon, orange, & pineapple chunks)	**Teriyaki Chicken Skewers *** **10** **w/ Pineapple Tidbits** Steamed Rice Mixed Vegetables Green Salad w/ Dressing Whole Wheat Dinner Roll Apple Crisp	**HOLIDAY FORZEN MEAL** **11** For MOWs Only **Veterans Day** CHERISH Site CLOSED	**Tuna Salad *** **12** **on Spinach/Romaine Mix** Tomato Wedges Carrots Sticks Pickle Spears Whole Wheat Crackers Banana Jell-O
White Navy Beans * **15** **w/ Ham** Zucchini/Cauliflower Pepper Cole Slaw Cornbread Apple Wedges	**Lasagna *** **16** Lima Beans Lettuce/Spinach Salad w/ Italian Dressing Garlic French Bread Chilled Mandarin Oranges	**Chicken Cordon Bleu *** **17** Rice Pilaf Broccoli/Cauliflower Green Salad w/ Dressing Whole Wheat Dinner Roll Applesauce Spice Cake	**Spaghetti w/ Meat Sauce *** **18** Cauliflower/Carrots Tossed Green Salad w/ Italian Dressing Garlic French Bread Chilled Peaches Vanilla Pudding	**Breaded Fish Fillet *** **19** w/ Tartar Sauce & Lemon Potato Wedges Mixed Vegetables Creamy Cole Slaw Whole Wheat Dinner Roll Chilled Strawberries
BBQ Pork on Bun **22** Broccoli/Cauliflower Carrot-Raisin Salad Chilled Applesauce	**Salisbury Steak *** **23** **w/ Gravy** Mashed Potatoes Carrots/Peas Green Salad w/ Dressing Whole Wheat Dinner Roll Orange Wedges	**Chicken Patty w/ Gravy *** **24** Mashed Potatoes Mixed Vegetables w/ Lima Beans Lettuce/Spinach Salad w/ Dressing Whole Wheat Dinner Roll Apple Wedges Peanut Butter Cookie	**HOLIDAY FORZEN MEAL** **25** For MOWs Only **Thanksgiving Day** CHERISH Site CLOSED	**HOLIDAY FORZEN MEAL** **26** For MOWs Only **For Thanksgiving** CHERISH Site CLOSED
Chili Con Carne * **29** Carrot Coins Green Salad w/ Tomato & Dressing Cornbread Chilled Pears	**Macaroni & Cheese** **30** **w/ Ham *** Green Beans Lettuce/Spinach Salad w/ Kidney Beans & Dressing Whole Wheat Dinner Roll Chilled Strawberries			

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	**632-8982**

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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ARTHRITIS and NUTRITION
How to Keep Your Joints and Bones Healthy

Arthritis occurs when the cartilage that cushions the joints on your hand, knees, shoulders or hips breaks down quicker than your body can replace it. Without this protective tissue, your bones rub together causing swelling, tenderness, stiffness and pain.

Your weight is the most important link between your diet and arthritis. Being overweight puts an extra burden on the weight bearing joints (back, hips, knees, ankles and feet) when they are already damaged or under strain.

Diet Tips to Help Your Arthritis

- Eat a balanced diet which gives you all the vitamins and minerals your body needs and which also keeps your weight down
- Eat more fruit and vegetables

Arthritis Pain Supplements

- Glucosamine- Tested to be effective at easing the pain of arthritis and joint pain. Help re-build cartilage in the body.
- 1500 mg/day is the clinically recommended dose.
- Chondroitin- Draws fluid into cartilage to increase resistance and flexibility.
- 1200 mg/day is the recommended dosage.

Benefits of Exercise

- Builds strong muscles around the joints
- Keeps your joints moving
- Keeps bone cartilage tissue strong and healthy
- Improves your ability to do daily activities
- Gives you energy
- Makes your heart stronger
- Helps with weight maintenance
- Decreases depression
- Helps you sleep better

*Information adapted from: Senior Nutrition Services, 3013 D Street , Sacramento, CA 95816

Mango Smoothie

1/2 cup 100% orange juice with calcium
1/2 small banana, peeled and sliced
1 fresh mangos, peeled and chopped (or 1 1/4 cups frozen)
3 ice cubes

Combine juice, banana and half of the mango in a blender and blend until smooth. Add remaining mango and ice and continue to blend. Serve immediately. Makes 2 servings (1 cup each)

Recipe adapted from Champions for Change, Network for a Healthy California