January 2011
Senior Nutrition Program Project CHERISH
*High Sodium Meal (over 1,000 mg)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BBQ Pork on Bun 3 Broccoli/Cauliflower Carrot-Raisin Salad Chilled Applesauce	**Spaghetti w/ Meat Sauce *** 4 Cauliflower/Carrots Tossed Green Salad w/ Italian Dressing Garlic French Bread Chilled Peaches Vanilla Pudding	**Chicken Patty w/ Gravy *** 5 Mashed Potatoes Mixed Vegetables w/ Lima Beans Lettuce/Spinach Salad w/ Dressing Whole Wheat Dinner Roll Apple Wedges Peanut Butter Cookie	**Tamale Pie *** 6 Pinto Beans Tossed Green Salad w/ Dressing Chilled Mandarin Oranges	**Crab Salad** 7 **On Spinach/Romaine Mix** Whole Hard-Boiled Egg Tomato Wedges Carrot Sticks Whole Wheat Crackers Chilled Pineapple Tidbits
Chili Con Carne * 10 Carrot Coins Green Salad w/ Tomato & Dressing Cornbread Chilled Pears	**Macaroni & Cheese *** 11 **w/ Ham** Green Beans Lettuce/Spinach Salad w/ Kidney Beans & Dressing Whole Wheat Dinner Roll Chilled Strawberries	**Chicken Strips*** 12 **w/ BBQ Dipping Sauce** Baked Beans Broccoli Creamy Cole Slaw Whole Wheat Dinner Roll Chilled Pears Oatmeal Cookies	**Meatloaf w/ Gravy *** 13 Mashed Potatoes Lima Beans w/ Carrots Green Salad w/ Dressing Whole Wheat Dinner Roll Chilled Mandarin Oranges	Orange Juice 14 **Fish Sandwich *** w/Tartar Sauce Lettuce/Tomato/Onion Potato Wedges Creamy Cole Slaw Chocolate Pudding
HOLIDAY FORZEN MEAL 17 For MOWs Only **Martin Luther King Jr** CHERISH Site CLOSED	**Pinto Beans w/ Ham *** 18 Tossed Green Salad w/Tomato & Dressing Cornbread Chilled Pineapple Chunks	**Chicken Keiv *** 19 Rice Pilaf Broccoli/Cauliflower Green Salad w/ Dressing Whole Wheat Dinner Roll Fruit Salad (Melon, orange, & pineapple chunks)	**Hamburger** 20 w/ Mayo/Mustard/Ketchup Lettuce/Tomato/Onion Potato Wedges Creamy Cole Slaw Chilled Mandarin Oranges	**Tuna Salad *** 21 **On Spinach/Romaine Mix** Tomato Wedges Carrot Sticks Pickle Spears Whole Wheat Crackers Banana Jell-O
Pepper Steak w/ Gravy * 24 Mashed Potatoes Whole Kernel Corn Lettuce / Spinach Salad w/ Ranch Dressing Whole Wheat Dinner Roll Chilled Pears	**Taco Salad** 25 **w/ Tortilla Chips** w/ Shredded Lettuce w/ Diced Tomatoes w/ Shredded Cheese Refried Beans Salsa Chilled Mandarin Oranges	**Honey Glazed Chicken *** 26 **Skewers** Baked Sweet Potatoes Spinach Salad w/ Tomatoes & Egg Garnish w/ Ranch Dressing Whole Wheat Dinner Roll Melon Slice Jell-O	**Beef Stroganoff *** 27 **w/ Egg Noodles** Mixed Vegetables Tossed Green Salad w/ Garbanzo Beans & Dressing Whole Wheat Dinner Roll Fruit Salad (Melon, oranges, & pineapple chunks)	**Breaded Fish Fillet *** 28 w/ Tartar Sauce & Lemon Potato Wedges Mixed Vegetables Creamy Cole Slaw Whole Wheat Dinner Roll Chilled Strawberries
Pork Chop Suey * 31 Steamed Rice Chow Mien Noodles Japanese Blend Vegetables Beet & Onion Salad Chilled Mandarin Oranges				

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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Nutrition and Physical Activity Guidelines for Cancer Prevention

According to the American Cancer Society, eating healthy, keeping physically active and maintaining a healthy weight, are all ways to help reduce your risk of cancer. The following guidelines are from the American Cancer Society's guidelines for diet and activity:

Maintain a healthy weight throughout life

- Balance calorie intake with physical activity.
- Avoid excessive weight gain throughout life.
- Achieve and maintain a healthy weight if currently overweight or obese.

Adopt a physically active lifestyle

- Engage in at least 30 minutes of moderate to vigorous physical activity, above usual activities, on 5 or more days of the week; 45 to 60 minutes of intentional physical activity are preferable.

Eat a healthy diet, with an emphasis on plant sources

- Eat 5 or more servings of a variety of vegetables and fruits each day.
- Choose whole grains over processed (refined) grains.
- Limit intake of high sugar carbohydrates, such as pastries and sweetened drinks.
- Prepare meat, fish, chicken by baking or broiling, rather than frying or charbroiling.
- Limit intake of processed and red meats.

If you drink alcoholic beverages, limit your intake

- Drink no more than 1 drink per day for women or 2 per day for men.

For more information, or to read *The Complete Guide—Nutrition and Physical Activity,* visit the American Cancer Society website at: www.cancer.org

Energizing Smoothie

Ingredients

- 1-1/2 cups sliced ripe banana (approximately 3 bananas)
- 1-1/2 cups frozen sweetened sliced strawberries, partially thawed
- 1-1/2 cups soft silken tofu, drained (about 3 ounces)
- 1-1/2 cups low-fat vanilla yogurt

Directions

Combine all ingredients in a blender or food processor and process until smooth. Makes approximately 5 cups. Serves 8. Approximate per serving: 180 calories; 2 grams of fat.

This tofu drink is packed with protein, calcium, vitamin C, potassium, and fiber, so it will boost your energy level any time of the day. Tofu is soy, and the isoflavones in soy may have protective effects against breast and prostate cancer. Studies on individual soy components are currently underway.

You can find this recipe in: **Celebrate! Healthy Entertaining for Any Occasion**.

Available online or by calling 1-800-ACS-2345.