

Please be sure to make a reservation by calling **719-884-2304** or go to www.silverkey.org/connections-cafe-reservations by **2PM** the day before you expect to eat.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Swiss Steak Mashed Potatoes Peas Coleslaw Pear Yogurt	2 Chicken Salad on Croissant Loaded Baked Potato Soup Carrot Raisin Salad w/ Pineapple High Fiber Cookie Orange	3 Sweet & Sour Pork Jasmine Rice Asian Vegetables Mandarin Spinach Salad Grape Cup Apple Cobbler	4 Chicken Mole Green Beans Spanish Rice Black Bean Corn Salad Tropical Fruit Carrot Cake w/ Cream Cheese Frosting	5 Lasagna Roll/ Marinara Green Beans Breadstick Tossed Salad Banana
8 Chicken Tacos w/ Lettuce, Tomato, Salsa & Sour Cream Tortillas SW Black Beans Orange	9 Salmon Burger w/ Lettuce & Tomato Cream of Mushroom Soup Spinach Mandarin Salad Banana Peach Cobbler	10 Pesto Chicken Florentine Rice Carrots Whole Grain Roll Strawberries Oatmeal Cookie	11 Stuffed Bell Pepper Potato Medley Cauliflower Spiced Peaches	12 Chicken Cordon Bleu Wild & Brown Rice Green Bean Almandine Mandarin Orange Pineapple Compote High Fiber Cookie
15 BBQ Beef Sandwich Seasoned Pinto Beans Coleslaw Orange	16 Lemon Pepper Chicken Wild & Brown Rice Peas Beef & Onion Salad Tropical Fruit Cherry Cobbler	17 Roast Turkey w/ Gravy Mashed Potatoes California Vegetables Mandarin Spinach Salad Apple Oatmeal Raisin Cookie	18 Beef Tips Penne Pasta Squash Medley 3 Bean Salad Pear Sugar Cookie	19 Cod Tuscany Baby Bakers Broccoli Coleslaw Coconut Crunch Salad Whole Grain M&M, CC Cookie
22 Spinach Ravioli w/ Marinara Broccoli Tossed Salad Garlic Bread Stick Strawberries Raisin Nut Cup	23 Smothered Pork Chop w/ Onions and Peppers Brussels Sprouts Baby Baker Potato Pineapple High Fiber Cookie	24 Chicken Chimichanga Salsa Spanish Rice Broccoli Tossed Salad w/ Red Wine Vinaigrette Apple	25 Yankee Pot Roast w/ Gravy Baked Potato Medley Maple Glazed Carrots Green Bean Salad Banana	26 Stuffed Pasta Shells w/ Meat Sauce Green Beans Almandine Carrot Raisin Salad w/ Pineapple Garlic Bread Stick Pear
29 Beef Stroganoff Penne Pasta Roasted Brussel Sprouts Roll Peaches Lemon Bar	30 Pork Green Chili Pinto Beans Cornbread Muffin Strawberries Raisin Nut Cup	31 Goulash Green Beans Salad WW Roll Apple Halloween Cookie HAPPY HALLOWEEN	Milk is provided with every meal. Connections Cafe meals are partially funded by the Pikes Peak Area Agency on Aging.  Pikes Peak Area Council of Governments Communities Working Together	Golden Circle is now Silver Key Connections Café. New name. Same great service.

PREPARING FOR WINTER

As the days shorten and fall is in the air, everyone needs to prepare for the oncoming winter and inclement weather.

To make sure you stay nourished during any snow or ice storm that happens, here are some tips on items to have in case you are unable to leave your home for an extended period of time.

Choose foods that you like to eat, and keep them in your pantry. These items have long shelf lives and can remain in your pantry until you need them. **Keep these foods in your home:**

- Bottled Water
- Peanut Butter or Nut Butter
- Jelly
- Crackers
- Nuts and Trail Mixes
- Cereal
- Dried Fruits
- Canned Tuna, Salmon or Chicken
- Canned Vegetables
- Canned Fruit
- Canned Soup, Chili or Stew
- UHT (Ultra High Temperature Pasteurized) Milk or Powdered Milk
- Comfort Foods (Cookies, Potato Chips, Chocolate)
- Drink Mixes (Hot Chocolate, Instant Coffee, Tea)



Have at least a 3-day supply of food and bottled water on hand in case of emergencies. (continued on back...)

Nutrition Education Continued...

Be aware of dietary restrictions you may have.

Avoid foods that make you thirsty.

Be sure to have a manual can opener so you can open cans in case of a power outage. Commercially canned foods may be eaten out of the can without warming.

Shopping Before the Storm:

If you can safely go to the store before a storm, these items are good additions to your emergency food stock:

- Fresh Fruit—apples, oranges, pears and grapefruit can stay fresh for weeks in your refrigerator.
- Fresh Vegetables—cucumbers, squash, broccoli, cauliflower, cabbage and tomatoes can last over a week in your refrigerator.
- Hard Packaged Sausages—salami, sopressata and pepperoni can be stored unopened for six weeks in your refrigerator. (Be aware of the sodium content!)
- Bread—can be frozen and defrosted by the slice.
- Meat can be portioned and frozen.

If the power goes out:

Keep the refrigerator and freezer doors closed as much as possible. Refrigerated food should be good as long as the power has not been out more than four hours.

Freezer items should be good for 24-48 hours.

Foods should be stored at a temperature of 40° or lower. Discard any foods that have been above 40° for two or more hours.

Thank you to our menu sponsor:



A Program of Rocky Mountain Health Care Services

To learn more call (719) 314-2327
or visit www.rmhcare.org