


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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Milk is provided with every meal.</p> <p>Connections Café meals are partially funded by the Pikes Peak Area Agency on Aging.</p>  <p><b>Pikes Peak Area</b> Council of Governments Communities Working Together</p>				<p><sup>1</sup></p> <p>Sweet &amp; Sour Pork Jasmine Rice Asian Vegetables Mandarin Spinach Salad Apple Peach Cobbler</p>
<p><sup>4</sup></p> <p>Chicken Tacos w/ Lettuce, Tomato, Salsa &amp; Sour Cream Tortillas SW Black Beans Orange</p>	<p><sup>5</sup></p> <p>Stuffed Bell Pepper Potato Medley Cauliflower Broccoli Sunflower Salad Spiced Peaches</p>	<p><sup>6</sup></p> <p>Pesto Chicken Florentine Rice Carrots Whole Grain Roll Strawberries Oatmeal Cookie</p>	<p><sup>7</sup></p> <p>Salmon Burger w/ Lettuce &amp; Tomato Corn Chowder, Banana, Low Sodium V-8 Juice WW M&amp;M Cookie</p>	<p><sup>8</sup></p> <p>Chicken Cordon Bleu Wild &amp; Brown Rice Green Bean Almandine Mandarin Orange Pineapple Compote High Fiber Cookie</p>
<p><sup>11</sup></p> <p>BBQ Beef Sandwich Seasoned Pinto Beans Coleslaw Tropical Fruit</p>	<p><sup>12</sup></p> <p>Lemon Pepper Chicken Wild &amp; Brown Rice Peas Beet &amp; Onion Salad Orange Apple Cobbler</p>	<p><sup>13</sup></p> <p>Roast Turkey w/ Gravy Mashed Potatoes California Vegetables Rotini Tomato Spinach Salad Apple Oatmeal Raisin Cookie</p>	<p><sup>14</sup></p> <p>Beef Tips Penne Pasta Roasted Brussel Sprouts 3 Bean Salad Pear Sugar Cookie</p>	<p><sup>15</sup></p> <p>Cod Tuscany Baby Bakers Broccoli Banana High Fiber Cookie</p>
<p><sup>18</sup></p> <p><b>President's Day Holiday</b></p> <p>Connections Café CLOSED</p>	<p><sup>19</sup></p> <p>Smothered Pork Chop w/ Onions and Peppers Brussels Sprouts Baby Baker Potato Pineapple High Fiber Cookie</p>	<p><sup>20</sup></p> <p>Chicken Chimichanga Salsa Spanish Rice Broccoli Tossed Salad w/ Red Wine Vinaigrette Apple</p>	<p><sup>21</sup></p> <p>Yankee Pot Roast w / Gravy Baked Potato Medley Maple Glazed Carrots Green Bean Salad Banana</p>	<p><sup>22</sup></p> <p>Stuffed Pasta Shells w/ Meat Sauce Green Beans Almandine Carrot Raisin Salad w/ Pineapple Garlic Bread Stick Pear</p>
<p><sup>25</sup></p> <p>Beef Stroganoff Penne Pasta Roasted Brussel Sprouts Roll Apple Vanilla Pudding</p>	<p><sup>26</sup></p> <p>Pork Green Chili Pinto Beans Cornbread Strawberries Raisin Nut Cup</p>	<p><sup>27</sup></p> <p>Lasagna Roll/ Marinara Broccoli Breadstick Tossed Salad Apple</p>	<p><sup>28</sup></p> <p>Chicken Mole Bahama Vegetables Spanish Rice Black Bean Corn Salad Orange Carrot Cake w/Cream Cheese Frosting</p>	

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## Nutrition Education Continued...

How do you control portions and calories at home?

- Eat from a smaller plate.
- Slow down! Take at least 20 minutes to eat. It takes 20 minutes for your stomach to signal it is full.
- Don't eat from the bag or box. Put your snack in a bowl or on a plate.
- Have a glass of water. Thirst can be mistaken for hunger.
- Get rid of distractions. Turn off the TV. You eat more when you are distracted.
- Take small first portions. You can always have more if you are still hungry.

So how do you control your calorie intake while enjoying a meal out? Here are a few ideas:

- Go family style! Order one or two entrees to be shared. Round out the meal with extra vegetables and salads.
- Split an entrée with a friend. Restaurants generally will split the entrée for you.
- Put half the entrée in a "to go" box so you have a meal later!
- Put your fork down between bites to help you eat slower.
- Resign from the "Clean Plate Club." Stop eating when you are satisfied. (Take the rest home!)
- Pre-Game! Have a healthy snack about an hour before you go out. You will not be so hungry that you will order too much food.
- Order small or regular meals at fast food restaurants.
- Be the first to order. That way you will not be tempted by other diners' choices!
- Limit eating out to one or two times a week. Eat at home more often, where you can control the fat and salt you put in your food.

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Thank you to our menu sponsor:



To learn more call (719) 314-2327  
or visit [www.rmhcare.org](http://www.rmhcare.org)



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## PORTIONS

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During the holidays we tend to "forget" our good eating habits and gain some weight. How do you control your food intake and control your weight throughout the year? This month, we will focus on portion control and what a portion of food looks like.

So what is a portion size? The following examples are easy ways to figure out portions for food:

- A bar of soap or a deck of cards is the same size as a 3-ounce serving of cooked meat.
- A hamburger patty should be about the same size as a hockey puck.
- Use your fist to measure cooked pasta. A portion the size of your fist is around 1/2 cup.
- A serving of bread is one piece. If you are having pancakes or waffles, just think of a CD case to visualize one portion of pancake or waffle.
- A 3-ounce serving of fish should be about the size of your check book.
- The tip of your thumb (tip to first finger joint) is about 1 tablespoon. The tip of your index finger is about 1 teaspoon. The palm of your hand is about 1/3 cup.
- Having cheese? One serving is equal to 4 pieces the size of dice.
- Fruit should be about the size of a tennis ball, and vegetable portions should be the size of a baseball.
- A salad portion is the size of both your fists.