

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Milk is provided with every meal					1 Riblettes Baked Beans Potato Salad Applesauce	2 Chicken al a King Jasmine Rice Green Beans Carrot Raisin Salad Apple
3 Stuffed Bell Pepper Baby Baker Potatoes Cauliflower Carrot Raisin Salad Spiced Peaches	4 Salmon Burger w/ Lettuce & Tomato Cream of Mushroom Soup Broccoli Slaw Banana	5 Lasagna Roll/ Marinara Broccoli WW Roll Tossed Salad w/ Rasp-berry Vinaigrette Tropical Fruit	6 Chicken Mole Bahama Vegetable Blend Spanish Rice Black Bean Corn Salad Carrot Cake w/ Cream Cheese Frosting Orange	7 BBQ Beef Sandwich Seasoned Pinto Beans Coleslaw Tropical Fruit	8 Meatballs w/ Marinara Pasta Broccoli WW Roll Strawberries	9 Stuffed Bell Pepper Baby Baked Potatoes Cauliflower Carrot Raisin Salad Spiced Peaches
10 Beef Tips Penne Pasta Brussel Sprouts 3 Bean Salad Applesauce	11 Lemon Pepper Chicken Wild & Brown Rice Peas Beet & Onion Salad Orange	12 BLT Sandwich Black Bean Lentil Soup Pasta Vegetable Salad Spiced Peaches	13 Yankee Pot Roast w / Gravy Baked Potato Medley Maple Glazed Carrots Apple	14 Cod Tuscany Baby Bakers Broccoli Banana High Fiber Cookie	15 Beef Bourguignon Mashed Potatoes Broccoli Roll Strawberries	16 Chicken Mole Bahama Vegetable Blend Spanish Rice Black Bean Corn Salad Orange
17 Presidents Day Baked Ziti w/ Sausage & Marinara Bahama Vegetables Caesar Salad Orange Raisin Nut Cup	18 Chicken Carbonara Broccoli Green Bean Salad Spiced Peaches Oatmeal Raisin Cookie	19 Hamburger w/ Lettuce, Tomato & Onion Carrots Coleslaw Diced Pear	20 Roast Turkey w/ Gravy Mashed Potatoes California Vegetables WW Bread Apple	21 Stuffed Pasta Shells w/ Meat Sauce Green Beans Carrot Raisin Salad Garlic Bread Stick Pear	22 Yankee Pot Roast w / Gravy Baked Potato Medley Maple Glazed Carrots Apple	23 Lasagna Roll/ Marinara Broccoli WW Roll Tossed Salad w/ Raspberry Vinaigrette Tropical Fruit
24 Chicken Tacos w/ sour Cream, Cheese & Salsa Southwestern Black Beans Orange	25 Sweet & Sour Pork Jasmine Rice Asian Vegetables Applesauce High Fiber Cookie	26 Beef Chili w/ Cheese Baked Potato w/ Sour Cream Tossed Salad w/ Chick Peas Orange	27 Smothered Pork Chop w/ Onions and Peppers Mashed Potatoes Brussels Sprouts Tropical Fruit Salad High Fiber Cookie	28 Manicotti Bahama Vegetables Sunflower Broccoli Salad Apple Raisin Nut Cup	29 Lemon Pepper Chicken Wild & Brown Rice Peas Beet & Onion Salad Orange	

Menu substitutions may occur without notice. Clients are advised to keep a 3-day supply of non-perishable foods and bottled water in the event of inclement weather or other emergencies that may cause a temporary suspension of service.

Nutrition Education Continued...

Today we know that the best dietary recommendation for heart health is to limit saturated and trans fats, which play a larger role in blood cholesterol levels than cholesterol-containing foods.

Trans fat is often made from vegetable oils through a process called "hydrogenation," although trans fat is naturally found in small amounts in some animal products. Check food labels to find out if trans fat is in the product. Cut back on Trans fat containing foods such as cakes, cookies, crackers, icings, margarines and microwave popcorn.

Cut back on foods containing Saturated fat including:

- Desserts and baked goods, such as cakes, cookies, donuts, pastries and croissants
- Many cheeses and foods containing cheese, such as pizza
- Sausages, hot dogs, bacon and ribs
- Ice cream and other dairy desserts
- Fried potatoes (French fries) – if fried in a saturated fat or hydrogenated oil
- Regular ground beef and cuts of meat with visible fat. If you choose to eat red meat, compare labels and select the leanest cuts available
- Fried chicken and other chicken dishes with the skin
- Whole milk and full-fat dairy foods

Instead, include oils which provide essential fatty acids and vitamin E. They are found in different plants such as soybeans, olives, corn, sunflowers and nuts. Choosing Unsaturated oils instead of saturated fat can help you maintain a healthy eating style.

Thank you to our menu sponsor:



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Silver Key Home Delivered Meals

February 2020



What are the benefits of adding eggs back into my diet?

1. Eggs are a great source of protein:
 - Both the yolk and the white of the egg provide high quality protein, approximately 6 grams in each egg.
 - Protein is particularly important for older adults because it helps prevent muscle loss.
2. Eggs are a great source of other needed nutrients, especially in the yolk:
 - Lutein and zeaxanthin (needed for eye health and to help prevent age-related macular degeneration)
 - Choline (needed by the brain for good memory); eggs are one of the few foods that contain large amounts of choline.
 - The vitamins folate, B12, riboflavin and fat-soluble vitamins A, D, and K and Omega 3 fatty acids (good for the heart; present in certain types of eggs)
3. Eggs are inexpensive, available in most locations, easy to prepare and well tolerated by most people. With healthy preparation, they are low in calories (only about 70 calories per egg).
4. Eggs contain very little saturated fat (the kind of fat that should be limited in our diets)