

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Milk is provided with every meal			1 Jerk Chicken Sandwich w/ Lettuce & Tomato Cream of Potato Soup Coleslaw Apple	2 Pork Pot Roast w/ Onion Celery Carrots Potato Medley Orange	3 Crab Cakes Broccoli Cheddar Rice Green Bean Almandine Applesauce Raisin Nut Cup	4 Beef Stew Lima Beans Whole Wheat Roll Pineapple Orange Compote
5 South Western Chicken Peas & Carrots 3 Bean Salad WW Roll Orange	6 Mushroom Ravioli w/ Marinara Broccoli Salad w/ Avg. Dressing Diced Pears Raisin Nut Cup	7 Pepper Steak Brown Rice Lima Beans Dinner Roll Strawberries	8 Bratwurst Cabbage & Carrots Potato Salad WW Bread Banana WW M&M Cookie	9 Slow Roasted Beef Mashed Potatoes Peas Carrot Raisin Salad Apple	10 Cod Piccata Wild & Brown Rice Broccoli Mandarin Orange High Fiber Cookie	11 Pork Pot Roast w/ Onion Celery Carrots Potato Medley Orange
12 Crab Cakes Broccoli Cheddar Rice Green Bean Almandine Applesauce Raisin Nut Cup	13 Sloppy Joe Carrots Coleslaw Pineapple Sugar Cookie	14 BLT Black Bean Lentil Soup Pasta Vegetable Salad Spiced Peaches Sugar Cookie	15 Breaded Catfish Wild & Brown Rice Peas Spinach Mandarin Salad Banana	16 Meatloaf w/ Gravy Mashed Potato Peas and Carrots Three Bean Salad Orange	17 Chicken Chow Mein Brown Rice Asian Vegetables Pear Chocolate Chip Cookie Raisin Nut Cup	18 Slow Roasted Beef Mashed Potatoes Peas Carrot Raisin Salad Apple Milk
19 Mushroom Ravioli w/ Marinara Broccoli Salad w/ Avg. Dressing Diced Pears Raisin Nut Cup	20 Chicken Stir Fry Peas Brown Rice Asian Cabbage Slaw Apple	21 Meatballs w/ Marinara Pasta Broccoli WW Roll Strawberries	22 Chicken Salad Sandwich on Croissant Tomato Basil Bisque High Fiber Cookie Orange	23 Pork Carnitas w/ Pepper, Onion, Cheese, Sour Cream, Salsa Tortillas Mexican Corn SW Black Beans Peaches	24 Chicken Cacciatore Pasta Green Beans WW Roll Diced Pears	25 Meatloaf w/ Gravy Mashed Potato Peas and Carrots Three Bean Salad Orange
26 Chicken Stir Fry Peas Brown Rice Asian Cabbage Slaw Apple	27 Taco Salad w/ Lettuce, Tomato, Salsa, Sour Cream & Avocado Tortilla Chips Corn Chowder Apple	28 Baked Ham Sweet Potatoes Broccoli WW Bread Peaches	29 Tuna Salad Croissant Chickpea Soup Sunflower Broccoli Salad Apple	30 Chicken Pot Pie w/ Buttermilk Biscuit Lima Beans Tossed Salad w/ Red Wine Vinaigrette Dressing Pear		

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.

3. Make Healthy Choices:

Fill the salt shaker with a mixture of herbs and spices.
Use it instead of salt to flavor foods.
For example, try this recipe:

- 2 tablespoons black pepper
- 1 tablespoon cayenne pepper
- 1 tablespoon paprika
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 bay leaf, ground



Slowly cut back on the amount of salt added to foods at the table.
When eating out, ask that salt not be added to your food, even with french fries.

Taste your food before you add seasoning.

Cut down on salt and sodium to prevent and lower high blood pressure. A normal blood pressure is below 120/80 mmHg.



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Silver Key Home Delivered Meals

April 2020



1. Be a Smart Shopper:

- Buy fresh, frozen, or no-salt-added canned vegetables. Choose food packed in water instead of broth or salt.
- Buy fresh garlic or garlic powder instead of garlic salt.
- Choose foods labeled "low sodium," "sodium free," or "no-salt-added."
- Eat fresh vegetables and fruit instead of salty snacks.

2. Modify How You Cook:

- Slowly cut back on the amount of salt added when cooking until you don't use any.
- Do not add salt to the water when cooking beans, rice, pasta, and vegetables.
- Cut back on meats high in sodium, such as bologna, ham, hot dogs, and sausage.
- Rinse all canned products to reduce the amount of sodium.
- Use reduced-sodium bouillon, and soy sauce. If you use these condiments, do not add salt to your food.