

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|--|--|--|
| 31 Chicken al a King Jasmine Rice Green Beans Carrot Raisin Salad Apple | | | Milk is provided with every meal | | 1 Beef Burrito/Green Enchilada sauce SW Black Beans Spanish Rice Mandarin Oranges Raisin Nut Cup | 2 Chicken Chow Mein Brown Rice Asian Vegetables Pear Chocolate Chip Cookie Raisin Nut Cup |
| 3 Sloppy Joe Carrots Coleslaw Pineapple Sugar Cookie | 4 Chicken Fajitas w/ Pepper, Onion, Cheese, Sour Cream, Salsa Tortillas Spanish Rice SW Black Beans Peaches | 5 Hamburger w/ Lettuce, Tomato & Onion Carrots Coleslaw Diced Pear | 6 Pork Chow Mein Brown Rice Winter Blend Vegetables WW Roll Pear | 7 Honey Curry Chicken Wild & Brown Rice Peas & Carrots Broccoli Slaw Apple Spice Cake | 8 Salmon w/ Lemon & Dill Roasted Sweet Potatoes Broccoli Banana WW Choc. Chip M&M Cookie | 9 Chicken Cacciatore Pasta Green Beans WW Roll Diced Pears |
| 10 Beef Burrito/Green Enchilada sauce SW Black Beans Spanish Rice Mandarin Oranges Raisin Nut Cup | 11 Chicken Cordon Bleu Roasted Sweet Potatoes Mixed Vegetables WW Roll Mandarin Orange | 12 Turkey Salad Sand- wich on Croissant Minestrone Soup Broccoli Sunflower Salad Apple | 13 Pork Pot Roast w/ Onion Celery Carrots Potato Medley Caesar Salad Orange | 14 Chicken Teriyaki Brown Rice Peas Asian Cabbage Slaw Apple | 15 Beef Tacos w/ Lettuce, Tomato, Cheese, Sour Cream & Salsa Spiced Pinto Beans Applesauce | 16 Honey Curry Chicken Wild & Brown Rice Peas & Carrots Broccoli Slaw Apple Spice Cake |
| 17 Pork Chow Mein Brown Rice Winter Blend Vege- tables WW Roll Pear | 18 Cheese Ravioli w/ Marinara Bahama Vegetables Tossed Salad Peaches Raisin Nut Cup | 19 Lemon Pepper Cod Brown Rice Pilaf Peas 3 Bean Salad Mandarin Orange | 20 Ham Salad on WW/ Bread Cream of Mushroom Soup Spinach Mandarin Salad Strawberries | 21 Chicken al a King Jasmine Rice Green Beans Carrot Raisin Salad Apple | 22 Meatball Sub Vegetable Soup Cauliflower Orange | 23 Chicken Cordon Bleu Roasted Sweet Potatoes Mixed Vegetables WW Roll Mandarin Orange |
| 24 Pork Pot Roast w/ Onion Celery Carrots Potato Medley Caesar Salad Orange | 25 Memorial Day Hamburger w/ Lettuce, Tomato & Onion Carrots Coleslaw Diced Pear | 26 Beef Bourguignon Mashed Potatoes Broccoli Roll Strawberries | 27 BBQ Chicken Baked Potato Soup Peas & Carrots 3 Bean Salad Apple | 28 Baked Ziti w/ Sau- sage & Marinara Bahama Vegetables Caesar Salad Orange Raisin Nut Cup | 29 Pico Lime Cod Lemon Herb Rice Carrots Coleslaw Banana | 30 Cheese Ravioli w/ Marinara Bahama Vegetables Tossed Salad Peaches Raisin Nut Cup |

- **Fat-free** or low-fat milk and cheese, or soy or rice milk that has added vitamin D and calcium
- **Seafood**, lean meats, poultry, and eggs
- **Beans**, nuts, and seeds
- **Avoid empty calories.** These are foods with lots of calories but few nutrients, such as chips, candy, baked goods, soda, and alcohol.
- **Pick foods that low in cholesterol** and fat. You especially want to try to avoid saturated and trans fats. Saturated fats are usually fats that come from animals. Trans fats are processed fats in stick margarine and vegetable shortening. You may find them in some store-bought baked goods and fried foods at some fast-food restaurants.
- **Drink enough liquids**, so you don't get dehydrated. Some people lose their sense of thirst as they age. And certain medicines might make it even more important to have plenty of fluids.
- **Be physically active.** If you have started losing your appetite, exercising may help you to feel hungrier.

NIH: National Institute on Aging



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Silver Key Home Delivered Meals

May 2020

Nutrition
Education



Eating Healthy at Any Age!

Nutrition is about eating a healthy and balanced diet so your body gets the nutrients that it needs. Nutrients are substances in foods that our bodies need so they can function and grow. They include carbohydrates, fats, proteins, vitamins, minerals, and water.

Good nutrition is important, no matter what your age. It gives you energy and can help you control your weight. It may also help prevent some diseases, such as osteoporosis, high blood pressure, heart disease, type 2 diabetes, and certain cancers.

But as you age, your body and life change, and so does what you need to stay healthy. For example, you may need fewer calories, but you still need to get enough nutrients. Some older adults need more protein.

How can I eat healthy as I age?

Eat foods that give you lots of nutrients without a lot of extra calories, such as:

- **Fruits** and vegetables (choose different types with bright colors)
- **Whole grains**, like oatmeal, whole-wheat bread, and brown rice