

NUTRITION EDUCATION cont.

- **Hydration Stations:** Provide refreshing beverages like fruit-infused water, lemonade, and freshly squeezed juices.

Relaxing Activities & Entertainment

Keep the gathering fun and social with low-impact entertainment:

- **Yard Games:** Organize classic, accessible games like bocce ball, croquet, or cornhole.
- **Trivia or Icebreaker Games:** Play lighthearted word games like a BBQ-themed A-Z race or trivia to spark conversation.
- **Comfortable Seating:** Set up shaded areas with comfortable chairs, and have sunscreen, bug spray, and sunglasses readily available.

Enjoy!



Thank you to our menu sponsor!

To learn more call 719-314-2327
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719-884-2300

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CONNECTIONS CAFÉ
July 2026



NUTRITION EDUCATION

It's Barbeque Season!

Start by planning a fun and safe summer BBQ event during cooler parts of the day. Prepare tender, low-sodium foods and include relaxing activities and games. The focus should be on hydration, comfort and easy-to-digest menu options.

Senior-Friendly Menu Ideas

To ensure the food is enjoyable and safe for older guests, make these simple adjustments:

- **Grilled Proteins:** Lean options like marinated chicken skewers, trout, or grilled BBQ salmon are heart-healthy and easy to chew.
- **Soft & Flavorful Sides:** Serve soft, refreshing dishes like macaroni salad, creamy potato salad, or cornbread salad. If you are serving corn on the cob, cut the kernels off after it cools to make it easier to manage.
- **Grilled Fruit Desserts:** Fruits like peaches or pineapples become naturally sweet and soft when grilled, making them a fantastic low-sugar dessert option.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	♥ Heart Health ♦ Diabetic Choice Milk included with every meal	1 Cheese Ravioli ♦ Succotash ♥♦ Wheat Roll ♦ Butter ♦ Blueberry Cobbler	2 ♦ Sweet & Sour Chicken ♥ Brown Rice ♥♦ Asian Vegetables ♥♦ Peaches & Creme Cup	3 Silver Key Tri - Lakes Location Closed
6 ♦ Chicken Marsala ♦ Red Roasted Potatoes ♥♦ Brussels Sprouts ♥♦ Apple	7 Silver Key Tri - Lakes Location Closed	8 ♦ Beef Bourguignon ♦ Mashed Potatoes ♥♦ Broccoli ♥♦ Orange	9 ♦ Chicken Piccata ♥♦ Whole Wheat Pasta ♥♦ Winter Mix Vegetables w/Parmesan ♥♦ Orange	10 Silver Key Tri - Lakes Location Closed
13 ♦ Swedish Meatballs ♥♦ Whole Wheat Pasta ♥♦ Brussels Sprouts ♦ Cherry Cobbler	14 Silver Key Tri - Lakes Location Closed	15 ♦ Southwestern Chicken ♦ Spanish Rice ♦ Pinto Beans ♥♦ Pineapple Cup	16 ♦ Shepherd's Pie ♥♦ Winter Mix Vegetables ♥♦ Wheat Roll ♦ Butter ♥♦ Peach Cup	17 Silver Key Tri - Lakes Location Closed
20 ♦ Chicken A La King ♥ Jasmine Rice ♥♦ Green Beans ♥♦ Apple	21 Silver Key Tri - Lakes Location Closed	22 ♦ Beef Stroganoff ♥♦ Whole Wheat Pasta ♦ Parmesan Roasted Brussels Sprouts ♥♦ Spiced Apples	23 ♦ BBQ Chicken ♥♦ Sweet Potatoes ♦ Peas & Carrots ♥♦ Orange	24 Silver Key Tri - Lakes Location Closed
27 ♦ Chicken Cordon Bleu ♥ Sweet Potatoes w/ Figs & Nuts ♥♦ Peas & Carrots ♥♦ Orange	28 Silver Key Tri - Lakes Location Closed	29 ♦ Chicken Cacciatore w/ Parm ♥♦ Whole Wheat Pasta ♥♦ Green Beans ♥♦ Cinnamon Pears	30 ♦ Beef Burrito ♥♦ w/ Enchilada Sauce ♦ Spanish Rice ♥♦ Southwest Black Beans ♥♦ Mango Cup	31 Silver Key Tri - Lakes Location Closed

Menu substitutions may occur without notice. Clients who take leftovers home do so at their own risk.

Members are advised to keep a 3-day supply of nonperishable foods and bottled water in their home in the event of inclement weather or other emergencies that may cause a temporary suspension of service.

We value your feedback! At the end of the month, return your menu to your café specialist & write in a 1-3 rank on the day's entry.

1 = Don't love it

2 = It's Good

3 = LOVE it!



NUTRITION FACTS

July 2026

Entree	KCal	Pro (gm)	Carb (gm)	Fat (gm)	Fiber (gm)	CA (mg)	Na (mg)	Vit C (mg)	Vit B12 (mcg)	Vit B6 (mg)
Baked Chicken	846	35	73	28	11	442	559	67	1.51	1.111
Baked Ziti	730	35	82	30	8	624	1,125	7	1.982	0.771
BBQ Chicken	913	77	78	34	11	449	817	88	2.356	1.366
Beef Bourguignon	868	35	56	36	10	480	619	117	2.353	0.767
Beef Goulash	650	36	77	24	8	371	494	16	3.307	0.707
Beef Lasagna Roll	555	32	66	19	9	510	1,086	80	3.312	0.879
Beef Pot Pie	833	41	98	33	11	372	1,122	17	3.252	0.671
Beef Stroganoff	685	47	74	25	12	540	712	100	3.644	0.873
Beef Tater Tot Casserole	695	38	54	38	8	518	936	12	3.865	0.814
Beef Tips & Gravy	762	37	58	24	10	434	659	58	3.033	0.855
Breaded Chicken	930	37	76	34	9	395	1,333	20	1.424	0.514
Cheese Ravioli	912	34	114	36	10	609	968	15	1.405	0.488
Chicken & Dumplings	781	41	101	23	11	492	930	55	1.86	0.676
Chicken A La King	807	44	119	17	9	464	396	31	1.895	0.913
Chicken Alfredo	638	42	81	17	11	452	969	48	1.774	0.707
Chicken Chimichanga	717	27	110	17	9	480	1,159	34	1.232	0.776
Chicken Marsala	594	46	59	20	10	406	507	68	1.791	1.395
Chicken Piccata	563	39	68	16	11	459	439	186	1.394	0.943
Chicken Teriyaki	637	47	81	14	9	431	658	79	1.635	1.271
Pesto Chicken	692	56	65	24	9	533	459	86	1.846	1.297
Salisbury Steak	788	28	59	29	10	443	1,051	69	1.36	0.295
Shepherd's Pie	788	42	73	36	9	477	675	163	3.734	0.548
Southwestern Chicken	708	54	87	15	10	481	816	64	1.695	1.057
Spaghetti	839	42	90	35	8	439	904	7	3.708	0.676
Swedish Meatballs	1,139	48	129	49	12	542	710	60	3.644	1.05
Sweet & Sour Beef	740	45	85	23	5	384	600	113	3.344	1.06
Sweet & Sour Chicken	687	37	92	18	6	383	755	114	1.613	0.851
Teriyaki Meatball	745	33	88	30	11	457	1,135	76	2.129	0.911