

NUTRITION EDUCATION cont.

Here are some tips to observe Eat Better, Eat Together month:

1. Make a meal together or organize a potluck with your family, friends, or coworkers.
2. Clear your kitchen. Swap out high sodium and sugary foods for healthier versions such as fruits and vegetables.
3. Put away the electronics. Sit down and enjoy your meal as well as each other's company. Setting aside your phone and turning off the television allows you to focus all your attention on each other.
4. Invite your children to help in the kitchen. Involving kids in the kitchen gives them confidence and provides them with a life-long skill. In addition, kids are more likely to eat what they have a role in preparing.

Eating together can happen at any time of the day, whenever it works best for you and your loved ones. If dinner is not a good time to eat together, try breakfast, lunch, or tea/coffee breaks. Keep in mind the benefits of sharing time with your loved ones and make it part of your schedule. Bon appetite!

Thank you to our menu sponsor!

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Silver Key™ HOME DELIVERED MEALS October 2026



NUTRITION EDUCATION

It's National Eat Better, Eat Together Month!

October is National Eat Better, Eat Together Month. It's a great time to start enjoying meals together if you're not already doing so. Eating together goes beyond what we eat. According to experts, it provides the opportunity to talk about your day, share thoughts, ideas, and feelings, and enjoy listening to our loved ones. In the fast-paced lives we lead, taking time and simple steps such as eating together helps to build strong and healthy connections, in addition to the health benefits of promoting good eating habits and mindful eating.

Dinnertime discussions at the table can also help children communicate more effectively, improving their vocabulary and self-esteem. For adults, sharing a meal with family, friends or colleagues offers numerous benefits, including stress relief.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			♥ Heart Health ♦ Diabetic Choice Milk included with every meal	1 ♦ BBQ Chicken ♥♦ Sweet Potatoes ♦ Peas & Carrots ♥♦ Orange	2 ♦ Pork Tips w/Gravy ♥♦ Whole Wheat Pasta ♦ Spinach Wheat Roll ♦ Butter ♥♦ Cinnamon Pears	3 ♦ Lemon Pepper Chicken ♥♦ Wild & Brown Rice ♥♦ 5-Way Vegetable Blend ♥♦ Mandarin Oranges
4 ♦ Chicken Parmesan ♥♦ Whole Wheat Pasta ♦ Capri Vegetable Blend ♥♦ Cinnamon Pears	5 ♦ Chicken Marsala ♥♦ Whole Wheat Pasta ♦ Carrots ♥♦ Brussels Sprouts ♥♦ Apple	6 Bell Pepper Casserole ♦ Red Roasted Potatoes ♥♦ Peas & Carrots ♥♦ Pear Cup	7 ♦ Breaded Chicken w/ Country Gravy ♦ Creamed Spinach ♦ Cauliflower, Wheat Roll ♦ Butter ♥♦ Tropical Fruit Cup	8 ♦ Chili w/Beans & Cheese ♥♦ Baby Bakers ♦ Sour Cream ♥♦ Spiced Peaches	9 ♦ BBQ Pork Rib Patty ♦ Baked Beans ♥♦ Carrots ♥♦ Strawberry Applesauce Cup	10 ♦ Beef Bourguignon ♦ Mashed Potatoes ♥♦ Broccoli ♥♦ Peaches & Creme Cup
11 ♦ Beef Stroganoff ♥♦ Whole Wheat Pasta ♥♦ Carrots ♦ Wheat Roll ♦ Butter ♥♦ Spiced Peaches	12 ♦ Chicken Piccata ♥♦ Whole Wheat Pasta ♥♦ Winter Mix Vegetables w/ Parmesan ♥♦ Spiced Apples	13 ♦ Cabbage Roll Skillet ♦ Green Beans ♦ Butternut Squash ♥♦ Applesauce	14 ♦ Sweet & Sour Chicken ♥ Brown Rice ♦ Asian Vegetables ♥♦ Peaches & Creme Cup	15 ♦ Beef Lasagna Roll ♥♦ Broccoli ♦ Peach Cobbler	16 ♦ Southwestern Chicken ♦ Spanish Rice ♦ Pinto Beans ♥♦ Pineapple Cup	17 ♦ Swedish Meatballs ♥♦ Whole Wheat Pasta ♥♦ Brussels Sprouts ♦ Cherry Cobbler
18 ♦ Turkey & Rice Casserole ♥♦ Seasoned Green Peas ♦ California Blend Vegetables ♦ Wheat Roll ♦ Butter ♥♦ Tropical Fruit Cup	19 ♦ Lemon Pepper Chicken ♥♦ Wild & Brown Rice ♥♦ 5-Way Vegetable Blend ♥♦ Mandarin Orange Cup	20 ♦ Breaded Pollock ♦ Macaroni & Cheese ♦ Brussels Sprouts ♥♦ Apple ♦ Tartar Sauce	21 ♦ Beef Tater Tot Casserole ♦ Buttered Carrots ♥♦ Spiced Apples	22 ♦ Bratwurst w/ Sauerkraut ♦ Home Fries ♦ Green Beans ♥♦ Orange	23 ♦ Chicken Parmesan ♥♦ Whole Wheat Pasta ♥♦ Capri Vegetables ♥♦ Cinnamon Pears	24 ♦ Chicken Teriyaki ♥ Brown Rice ♦ Succotash ♥♦ Orange
25 ♦ Chicken A La King ♥ Jasmine Rice ♥♦ Green Beans ♥♦ Apple	26 ♦ Teriyaki Meatball Beef & Pork ♥ Brown Rice ♦ Succotash ♥♦ Orange	27 ♦ Pesto Chicken Breast ♥♦ Sweet Potatoes ♦ Brussels Sprouts ♥♦ Pear Cup	28 Beef Goulash ♦ Green Bean Almondine ♥♦ Spiced Apples	29 ♦ Breaded Chicken w/ Country Gravy ♦ Creamed Spinach ♦ Cauliflower ♥♦ Wheat Roll ♦ Butter ♥♦ Tropical Fruit	30 Chicken Pot Pie w/ Biscuit ♥♦ 5-Way Vegetable Blend, Blackberry Cobbler	31 ♦ BBQ Chicken ♥♦ Sweet Potatoes ♦ Peas & Carrots ♥♦ Orange

Menu substitutions may occur without notice.

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.

Entrée Name *	KCal	Pro (gm)	Carb (gm)	Fat (gm)	S Fat (gm)	Tr Fat (gm)	Chol (mg)	Fiber (gm)	Sodium (mg)	K (mg)	P (mg)
* Nutrition Facts include the entire meal											
Baked Ziti w/ Italian Sausage	743	35	92	28	11	1	77	9	1,152	1,342	607
BBQ Chicken	913	77	78	34	10	1	355	11	817	1,865	877
BBQ Pork Rib Patty	558	31	72	18	7	0	59	11	1,081	1,000	438
Beef Bourguignon	895	34	58	38	14	2	89	7	627	1,341	532
Beef Goulash	651	38	77	23	9	1	90	8	487	1,181	560
Beef Lasagna Roll	664	33	82	24	11	1	72	9	1,177	1,296	595
Beef Stroganoff	831	49	106	26	9	1	114	12	905	1,299	716
Beef Tater Tot Casserole	695	38	54	38	14	2	112	8	942	1,209	615
Bell Pepper Casserole	364	14	59	10	3	0	20	8	341	1,063	381
Bratwurst w/ Sauerkraut	805	29	73	45	14	1	89	8	1,872	1,575	580
Breaded Chicken w/ Country Gravy	745	35	88	29	7	1	50	7	2,027	899	420
Breaded Pollock	722	33	84	30	10	1	79	10	904	905	484
Cabbage Roll Skillet	488	23	65	17	5	1	52	11	428	1,199	271
Chicken & Dumplings	816	41	110	25	8	1	89	12	946	1,106	698
Chicken A La King	813	44	120	17	6	2	87	9	389	1,161	576
Chicken Marsala	729	51	84	22	6	1	104	17	540	1,527	727
Chicken Parmesan	791	52	90	24	8	2	137	11	1,036	1,271	742
Chicken Piccata	573	38	73	17	6	1	88	11	444	903	534
Chicken Pot Pie w/ Biscuit	848	41	107	28	9	1	84	9	1,312	1,061	735
Chicken Teriyaki	637	47	81	14	4	0	91	9	658	1,009	619
Chili w/Beans & Cheese	199	4	42	3	0	0	0	3	201	383	18
Lemon Pepper Chicken	584	46	64	14	5	1	107	7	296	1,060	591
Pesto Chicken Breast	673	63	58	21	7	1	157	10	494	1,544	691
Pork Tips w/Gravy	952	43	90	49	16	2	118	12	1,084	942	488
Salisbury Steak w/Gravy	815	27	61	31	14	3	83	7	1,061	1,194	305
Shepherd's Pie	885	43	86	42	16	3	124	10	871	1,375	611
Southwestern Chicken	708	54	87	15	7	0	113	10	816	1,601	751
Swedish Meatballs	1,056	50	111	47	16	2	122	11	865	1,553	808
Sweet & Sour Chicken	763	37	99	24	8	2	85	9	1,001	879	571
Teriyaki Meatball Beef & Pork	745	33	88	30	10	1	77	11	1,135	975	606
Turkey & Rice Casserole	774	41	100	24	7	2	80	10	1,172	1,098	594

Entrée Name *	Iron (mg)	CA (mg)	Vit A (RAE)	Thmn (mg)	Ribo (mg)	Niacn (mg)	Vit C (mg)	Folate (mcg)	Mag (mg)	Zn (mg)	Vit B12 (mcg)	Vit B6 (mg)
* Nutrition Facts include the entire meal												
Baked Ziti w/ Italian Sausage	5	629	315	0.8	0.9	11	10	165	100.9	4.2	1.978	0.805
BBQ Chicken	5	449	1,361	0.7	1	18	88	97	118.1	6.5	2.356	1.366
BBQ Pork Rib Patty	3	443	1,165	0.2	0.4	1	13	12	41.7	1.4	1.348	0.243
Beef Bourguignon	3	418	518	0.3	0.8	6	67	102	71.4	4.6	2.353	0.694
Beef Goulash	5	378	253	0.7	0.8	9	16	225	103.5	7.2	3.492	0.735
Beef Lasagna Roll	4	520	353	0.4	0.6	9	56	108	103.5	5.0	3.312	0.898
Beef Stroganoff	7	506	1,238	0.8	1.1	12	7	156	135.7	10.3	3.726	0.780
Beef Tater Tot Casserole	4	516	1,258	0.4	0.7	7	12	41	80.9	7.7	3.865	0.814
Bell Pepper Casserole	2	350	735	0.4	0.5	3	48	71	53.1	1.5	1.348	0.394
Bratwurst w/ Sauerkraut	4	493	275	1.1	0.8	9	80	130	107.6	5.1	2.027	0.794
Breaded Chicken w/ Country Gravy	3	530	565	0.5	0.7	4	57	157	116.2	2.2	1.417	0.373
Breaded Pollock	2	534	363	0.5	0.7	3	46	200	73.7	2.4	1.661	0.520
Cabbage Roll Skillet	5	162	589	0.9	0.4	7	68	161	82.7	4.8	1.653	0.769
Chicken & Dumplings	5	481	313	0.5	0.7	9	49	127	82.0	3.0	1.746	0.687
Chicken A La King	3	466	403	0.4	0.8	13	29	83	97.8	2.8	1.895	0.930
Chicken Marsala	4	446	1,348	0.7	0.9	19	62	228	145.6	3.9	1.798	1.244
Chicken Parmesan	5	606	647	0.8	0.8	19	4	132	124.6	4.1	1.948	0.788
Chicken Piccata	3	410	311	0.5	0.7	12	130	79	96.3	2.7	1.394	0.953
Chicken Pot Pie w/ Biscuit	6	375	733	0.8	0.8	12	16	132	93.6	3.4	1.565	0.703
Chicken Teriyaki	3	431	242	0.6	0.5	16	79	53	128.6	3.1	1.635	1.271
Chili w/Beans & Cheese	1	30	28	0.0	0.0	1	4	3	8.6	0.1	0.001	0.036
Lemon Pepper Chicken	3	361	522	0.6	0.5	18	39	40	105.7	2.9	1.594	0.958
Pesto Chicken Breast	3	511	364	0.3	0.6	22	71	111	91.8	3.1	1.859	1.323
Pork Tips w/Gravy	7	603	882	0.7	0.8	7	3	234	175.8	3.1	1.392	0.337
Salisbury Steak w/Gravy	3	383	335	0.2	0.5	1	20	29	52.9	1.4	1.360	0.223
Shepherd's Pie	6	523	536	0.5	0.8	10	138	116	93.4	7.2	3.822	0.582
Southwestern Chicken	5	481	262	0.7	0.6	16	64	317	158.1	3.9	1.695	1.057
Swedish Meatballs	7	618	465	1.3	1.2	13	57	273	145.5	7.8	3.718	1.035
Sweet & Sour Chicken	3	394	539	0.5	0.5	11	203	26	120.2	3.5	1.504	0.840
Teriyaki Meatball Beef & Pork	4	457	239	0.6	0.6	7	76	67	122.4	3.5	2.129	0.911
Turkey & Rice Casserole	7	561	438	0.9	0.9	11	36	180	102.2	4.2	2.095	0.713