

Please be sure to make a reservation by calling **719-884-2304** or go to www.silverkey.org/services/connections-cafe-reservations by **2PM** the day before you expect to eat.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Cordon Blue Wild & Brown Rice, Green Bean Almandine, Peanut Butter Cookie, Raisin Nut Cup, Orange	3 Sweet & Sour Pork Jasmine Rice, Asian Vegetables, Mandarin Spinach Salad, Grape Cup, Apple Cobbler	4 CLOSED	5 Chicken Fried Steak w/Country Gravy, Mashed Potato, Succotash, Apple, Oatmeal Raisin Cookie	6 Sandy's Chicken Chili Tortilla, Broccoli w/ Cheese, Carrot Raisin Salad, Diced Pears, Chocolate Chip Cookie
9 Hamburger w/Lettuce, Tomato, & Onion, Carrots, Coleslaw, Peaches, Sugar Cookie	10 Chicken Piccata Pasta, Cream of Potato Soup, Broccoli, Mandarin Orange, High Fiber Cookie	11 Baked Cod Olympia Potato Medley, Italian Vegetables, Roll, Apple	12 Pork Loin w/Mushroom Sauce, Tomato Basil Soup, Roasted Sweet Potatoes, Brussels Sprouts, Pineapple, Chocolate Chip Cookie	13 Beef Fajita w/Peppers, Onions, Cheese, Sour Cream, & Salsa, Tortillas, Spanish Rice, Black Beans, Strawberries
16 Swedish Meatballs w/Noodles, Peas & Carrots, Tossed Salad, Coconut Crunch Fruit Salad, Sugar Cookie	17 BBQ Beef Sandwich Potato Salad, Coleslaw, Orange, Raisin Nut Cup	18 Lasagna Roll w/Marinara, Green Beans, Breadstick, Tossed Salad, Banana	19 Chicken Marsala Roasted Red Potato, Italian Vegetables, Minestrone Soup, Apple	20 Garlic Herb Tilapia Brown & Wild Rice, Broccoli, Waldorf Salad, High Fiber Cookie, Yogurt
23 Chicken Pot Pie w/Buttermilk Biscuit, Lima Beans, Tossed Salad w/Red Wine Vinaigrette Dressing, Pear, Cherry Cobbler	24 Breaded Fish Sandwich w/Lettuce & Tomato, Cream of Mushroom Soup, Corn, Sunflower Broccoli Slaw, Diced Spiced Peaches	25 Roast Turkey w/Gravy, Mashed Potatoes, California Vegetables, Mandarin Spinach Salad, Apple, Oatmeal Raisin Cookie	26 Yankee Pot Roast w/Gravy, Baked Potato Medley, Maple Glazed Carrots, Green Bean Salad, Banana	27 Baked Parmesan Encrusted Salmon Rice Pilaf, Broccoli, Roll, Strawberries, Brownie
30 Bratwurst Rotini Tomato Spinach Salad, Orange Glazed Carrots, Strawberries, Whole Wheat Bread, Raisin Nut Cup	31 Slow Roasted Beef Mashed Potatoes, Peas, Peach Cobbler, Apple		Golden Circle is now Silver Key Connections Café. New name. Same great service.	Milk is provided with every meal. Connections Café meals are partially funded by the Pikes Peak Area Agency on Aging.  Pikes Peak Area Council of Governments Communities Working Together

**Nutrition
Education**

ORGANIC FOODS



What is organic farming?

The word "organic" refers to the way farmers grow and process agricultural products. Organic farming does not use synthetic fertilizers or pesticides or allow for Genetically Modified crops. Organic farmers seek to reduce pollution and support self-sustaining farms.

Organic food: Is it safer or more nutritious?

Some studies have shown differences in the health benefits of organic foods over traditionally produced crops. But there is limited evidence to show how the differences translate into better health. Potential benefits include increased antioxidant properties, higher Omega-3 fatty acids, and reduced pesticide residue. Wash and scrub fresh fruits and vegetables thoroughly under running water. Washing helps remove dirt, bacteria and traces of chemicals from the surface of fruits and vegetables, but not all pesticide residues can be removed by washing. Discarding outer leaves of leafy vegetables can reduce contaminants. Peeling fruits and vegetables can also reduce pesticide residues, but you are peeling away most of the nutrients.

What if I cannot afford to buy organic fruits and vegetables?

One concern with organically grown foods is the cost of the food. Organic food costs more to produce, and that cost is paid by the consumer. **Continued on back page.**

If you can afford organic fruits and vegetables, spend your money wisely. Focus on the "Dirty Dozen." These are the 12 foods highest in pesticide residues.

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|-----------------|------------------------|
| 1. Apples | 7. Sweet bell peppers |
| 2. Strawberries | 8. Imported nectarines |
| 3. Grapes | 9. Cucumbers |
| 4. Celery | 10. Potatoes |
| 5. Peaches | 11. Cherry tomatoes |
| 6. Spinach | 12. Hot peppers. |

The following are the "Clean 15." These foods are low in pesticide residue as they have thick skins/husks to protect the inner fruit or vegetable from pesticides:

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| 1. Onions | 9. Cabbage |
| 2. Avocados | 10. Eggplant |
| 3. Sweet corn | 11. Cantaloupe |
| 4. Pineapples | 12. Watermelon |
| 5. Mango | 13. Grapefruit |
| 6. Sweet peas | 14. Sweet potatoes |
| 7. Asparagus | 15. Sweet onions |
| 8. Kiwi fruit | |

Internet Sources:

- <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/organic-food/art-2>
- <http://www.pbs.org/wnet/need-to-know/health/the-dirty-dozen-and-clean-15-of-produce/616/>

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