



Meals on Wheels Menu | JULY 2018

Registered clients can order meals at www.silverkey.org/meals-wheels-order/
Please keep this menu for reference.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 Chicken Cordon Bleu (LS) - or - Citrus Tilapia	3 Sweet & Sour Pork (LS) - or - Grilled Chicken Sandwich	4 Pulled Pork Sandwich (LS)	5 Chicken Fried Steak (LS) - or - Chicken Cacciatore	6 Sandy's Chicken Chili (LS) - or - Beef Stir Fry	7 Beef Pepper Steak (LS)	8 Chicken Cacciatore (LS)
9 Hamburger (LS) - or - Chicken Cordon Bleu	10 Chicken Piccata (LS) - or - Stuffed Turkey	11 Baked Cod Olympia (LS) - or - Beef Roulade	12 Pork Loin w/ Mushroom Sauce (LS) - or - Lemon Pepper Chicken	13 Beef Fajita (LS) - or - Santa Fe Quiche	14 Chicken Cordon Bleu (LS)	15 Pulled Pork Sandwich (LS)
16 Swedish Meatballs (LS) - or - Chicken a la King	17 BBQ Beef Sandwich (LS) - or - Lasagna	18 Lasagna Roll (LS) - or - Reuben Sandwich	19 Chicken Marsala (LS) - or - Cobb Salad	20 Garlic Herb Tilapia (LS) - or - Breaded Chicken Sandwich	21 Pork Loin w/ Mushroom Sauce (LS)	22 Hamburger (LS)
23 Chicken Pot Pie (LS) - or - Swiss Steak	24 Breaded Fish Sandwich (LS) - or - Carnitas Burrito	25 Roast Turkey (LS) - or - Ham & Cheese Frittata	26 Yankee Pot Roast (LS) - or - Cajun Shrimp Salad	27 Baked Parmesan Encrusted Salmon (LS) - or - Beef Stroganoff	28 Lasagna Roll (LS)	29 BBQ Beef Sandwich (LS)
30 Bratwurst (LS) - or - Hamburger	31 Slow Roasted Beef (LS) - or - Roast Turkey			(LS) = Low Sodium Choice		

Menu substitutions may occur without notice. Diners 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.

**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.**

Nutrition Education Continued...

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.

- | | |
|-----------------|------------------------|
| 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:

- | | |
|---------------|--------------------|
| 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/>

Thank you to our menu sponsor:



A Program of Rocky Mountain Health Care Services

To learn more call (719) 314-2327
or visit www.rmhcare.org