

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Golden Circle is now Silver Key Connections Café.</p> <p>New name. Same great service.</p>	<p>Milk is provided with every meal. Connections Café meals are partially funded by the Pikes Peak Area Agency on Aging.</p>  <p>Pikes Peak Area Council of Governments Communities Working Together</p>		<p>¹ Beef Stew Buttermilk Biscuit Orange High Fiber Cookie Raisin Nut Cup</p>	<p>² Garlic Herb Tilapia Brown & Wild Rice Broccoli Waldorf Salad High Fiber Cookie Yogurt</p>
<p>⁵ Swedish Meatballs w/ Noodles Peas & Carrots Tossed Salad Orange Roll</p>	<p>⁶ Beef Fajita w/ Peppers, Onions, Cheese, Sour Cream & Salsa Tortillas Spanish Rice SW Black Beans Strawberries</p>	<p>⁷ Pulled Pork Sandwich Corn Salad w/ Raspberry Vinaigrette Apple Sauce Mango Chobani Drink</p>	<p>⁸ Chicken Marsala Minestrone Soup Roasted Red Potato Italian Vegetables Apple</p>	<p>⁹ Sandy's Chicken Chile Tortilla Broccoli w/ Cheese Carrot Raisin Salad Diced Pears Chocolate Chip Cookie</p>
<p>¹² Veteran's Day</p> <p>CLOSED</p>	<p>¹³ Chicken Pot Pie w/ Buttermilk Biscuit Lima Beans Tossed Salad w/ Red Wine Vinaigrette Dressing Pear Cherry Cobbler</p>	<p>¹⁴ Breaded Fish Sandwich w/ Lettuce & Tomato Vegetable Soup Corn Sunflower Broccoli Slaw Diced Spiced Peaches</p>	<p>¹⁵ Roast Turkey w/ Gravy Mashed Potatoes California Blend Vegetables Cranberry Sauce Pumpkin Pie</p>	<p>¹⁶ Meatballs w/ Marinara Pasta Green Beans Breadstick Strawberries V8 juice</p>
<p>¹⁹ Riblettes Baked Beans Potato Salad Pineapple Mandarin Orange Compote Roll</p>	<p>²⁰ Beef Tacos w/ Lettuce, Tomato, Cheese, Sour Cream & Salsa Black Beans Orange Sugar Cookie</p>	<p>²¹ Chicken Teriyaki Brown Rice Peas Asian Cabbage Slaw Apple</p>	<p>²² Happy Thanksgiving</p> <p>CLOSED</p>	<p>²³ Thanksgiving Holiday</p> <p>CLOSED</p>
<p>²⁶ Hamburger w/ Lettuce, Tomato & Onion Carrots Baked Beans Orange Sugar Cookie</p>	<p>²⁷ Egg Salad on Croissant Tomato Basil Soup Tossed Vegetable Salad w/ Red Wine Vinaigrette Orange High Fiber Cookie</p>	<p>²⁸ Chicken Chow Mein Brown Rice Asian Vegetables Pear Chocolate Chip Cookie Raisin Nut Cup</p>	<p>²⁹ Slow Roasted Beef Mashed Potatoes Peas Peach Cobbler Banana</p>	<p>³⁰ Salmon w/ Lemon & Dill Brown Rice Pilaf Broccoli Apple WW Choc. Chip M&M Cookie</p>



As the holidays approach, we all anticipate eating our favorite holiday foods. For many of us it is that traditional side dish that your Mother, Grandmother or maybe Grandfather made every year. Although food safety should be on our minds daily, the holidays are a good time to review food safety guidelines. Following a few simple rules will help keep our food safe to eat and avoid any food borne illnesses.

The four rules of food safety are:

1. Clean – Wash hands and sanitize surfaces often
2. Separate – Keep raw meats from other food items
3. Cook – Cook to the right temperature
4. Chill – Refrigerate food properly

Clean:

Use hot water and soap to clean the sink, counter, cutting boards and all cooking utensils. You can also sanitize by using 1 tablespoon of bleach in 1 gallon of water. (Hint: Do this in the sink. You can sanitize your sink at the same time you are washing down your countertop.) Wash your hands frequently. Wash your hands before food preparation and when you change tasks. Remember to wash your hands after using the bathroom, changing diapers or touching pets. Have plenty of clean towels or paper towels on hand for meal preparation and clean up. Clean and sanitize knives, cutting boards and other utensils after use.

Nutrition Education Continued...

Separate:

Put all meat, poultry and seafood in plastic bags before placing them in your cart at the store. Keep the vegetables and other food away from meat products to prevent cross-contamination by meat juices. Clear a large enough space on the bottom shelf in your refrigerator to accommodate the turkey or other meats. Store all fruits, vegetables and other refrigerated ingredients on the shelves above the bottom (turkey holding) shelf. Also put the turkey in a container to control any meat juices from touching other foods.

Cook:

Cook the food to the proper temperature. Check in a cookbook or on line for instructions on how to properly test the food with a thermometer. Do not use the pop up button on the turkey. Many times the button pops up before the turkey is fully cooked. Always test the internal temperature with a food thermometer. Calibrate (set) your thermometer. Check the instructions on the package or look online for instructions. It is very easy and very important that your thermometer is showing the correct temperature!

Chill:

Use a refrigerator thermometer to make sure your refrigerator is cold enough. Refrigerator temperature should register between 34-40°. Freezer temperature should be below 0°. The refrigerator thermometer should be placed in the top third of the refrigerator towards the back. Put all refrigerated items into the refrigerator as soon as you get home. (The canned goods and shelf stable items can wait until later.) After a meal, refrigerate leftovers promptly. If the food has been left out over two hours, discard the food. Cover all leftovers to retain moisture. Reheat the food to the proper temperature.

Thank you to our menu sponsor:



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