


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Milk is served with all meals.	Meals are partially funded by the Pikes Peak Area Agency on Aging. 			1 Swedish Meatballs w/ Noodles Peas & Carrots Tossed Salad Tropical Fruit Oatmeal Cookie	2 Lemon Pepper Chicken w/Wild & Brown Rice Peas Beef & Onion Salad Orange	3 Beef Tips w/Penne Pasta Brussel Sprouts 3 Bean Salad Applesauce
	4 Broccoli Stuffed Chicken Breast Green Beans Sweet Potatoes Pineapple Tidbits High Fiber Cookie	5 Baked Parmesan Encrusted Salmon Roasted Sweet Potatoes Broccoli Roll Strawberries	6 Egg Salad on Whole Wheat Bread Tomato Basil Soup Tossed Vegetable Salad w/Red Wine Vinaigrette Orange	7 Swiss Steak Mashed Potatoes Peas Coleslaw Banana	8 Chicken Marsala Roasted Red Potato Brussel Sprouts Green Bean Salad Apple	9 Goulash Green Beans Salad w/Dressing Whole Wheat Bread Apple
11 <b>Veteran's Day</b> Broccoli Stuffed Chicken Breast Green Beans Sweet Potatoes Pineapple Tidbits High Fiber Cookie	12 Sweet & Sour Meatballs Broccoli Jasmine Rice Tossed Salad w/ Dressing Pear	13 Beef Stir Fry Peas Brown Rice Asian Cabbage Salad Apple	14 Chicken Parmesan Pasta Cauliflower Tossed Salad w/Red Wine Dressing Diced Pears Whole Wheat Bread	15 Pulled Pork Sandwich Corn Seasoned Pinto Beans Applesauce	16 Chicken Tacos w/ Sour Cream, Cheese & Salsa Southwestern Black Beans Orange	17 Sweet & Sour Meatballs Broccoli Jasmine Rice Tossed Salad w/ Dressing Pear
18 Beef Chili w/Cheese Baked Potato w/Sour Cream Tossed Salad w/ Chickpeas Orange	19 Chicken Piccata Pasta Winter Blend Vegetables Peaches High Fiber Cookie	20 Vege-Burger w/ Lettuce, Tomato & Onion Corn Coleslaw Banana	21 Roast Turkey w/Gravy Mashed Potatoes California Blend Vegetables Roll Cranberry Sauce Pumpkin Pie	22 Seasoned Cod/Potato Medley Maple Glazed Carrots Apple Raisin Nut Cup	23 Pulled Pork Sandwich Corn Seasoned Pinto Beans Applesauce	24 Chicken Parmesan Pasta Cauliflower Tossed Salad w/Red Wine Dressing Diced Pears Whole Wheat Roll
25 Beef Fajitas w/ Peppers, Onions, Cheese, Sour Cream, Salsa & Tortillas Spanish Rice Southwest Black Beans Strawberries	26 Breaded Fish Sandwich w/ Lettuce & Tomato Corn Cole Slaw Spiced Peaches	27 Beef Stew Lima Beans Whole Wheat Roll Apple	28 <b>Thanksgiving</b> Roast Turkey w/Gravy Mashed Potatoes California Blend Vegetables Roll Cranberry Sauce Pumpkin Pie	29 Swedish Meatballs w/ Noodles Peas & Carrots Tossed Salad w/ Italian Dressing Orange	30 Chicken Piccata w/ Pasta Winter Blend Vegetables Peaches High Fiber Cookie	

## Nutrition Education Continued...

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4. Check sell-by and use-by dates. Make sure you will use it by the use-by date.
5. Look down. Stores typically stock more expensive items at eye level. Lower-priced items are often on the bottom or top shelf.

### Additional tips:

1. If you have a coupon for a brand name product, check the price difference. Often, the store brand is less expensive than the brand name even with the coupon!
2. Only use coupons for products you will eat. You may be tempted to buy a product because it's a good price, but if you never eat it you're wasting money.
3. Buy frozen fruits and vegetables. They last longer and are just as good for you as fresh.
4. Skip the cookie and chip aisle so you aren't tempted to buy unhealthy food.

Your challenge this month is to plan one week of meals and use these tips to buy nutritious foods at prices that fit your budget!

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Thank you to our menu sponsor:



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# Silver Key Meals On Wheels

NOVEMBER  
2019



## HEALTHY FOOD ON A BUDGET

### CHOOSING NUTRITIOUS OPTIONS ON A FIXED INCOME

Choosing healthy food options while living on a tight budget may seem like a hard task, but it's so important for both mental and physical health. Here are some tips on making the most of your food budget.

#### Before going to the store:

1. Plan a weekly menu. Remember to add snacks too!
2. See what leftovers need to be eaten and plan a meal or two around them.
3. Have a snack before you go. It will help you stick to your shopping list.
4. Look at the store circular to see if they have items on sale that you like.
5. Buy meat in bulk, then repackage into individual portions and freeze.
6. Consider tuna, salmon and eggs because they are low-cost proteins.

#### While at the store:

1. Organize your shopping list by aisle. This will shorten your shopping trip.
2. Try store brands. They're often the same quality at a lower price.
3. Compare products for the best deal.

– (Continued on back)