



Home Delivered Meals Menu | December 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 Pepper Steak Brown Rice Lima Beans Dinner Roll Strawberries	3 Jerk Chicken Sandwich w/ Lettuce & Tomato Cream of Potato Soup & Coleslaw Apple	4 Cod Piccata Wild & Brown Rice Broccoli Mandarin Orange High Fiber Cookie	5 Pork Pot Roast w/ Onion Celery Carrots Potato Medley Orange	6 Crab Cakes Broccoli Cheddar Rice Green Beans Almandine Applesauce Raisin Nut Cup	7 Beef Stew Lima Beans Whole Wheat Roll Pineapple Orange Compote	8 Roast Turkey w/ Gravy Mashed Potatoes California Blend Vegetables Roll
9 Mushroom Ravioli w/ Marinara Broccoli Salad Diced Pears Raisin Nut Cup	10 Chicken Salad Sandwich Tomato Basil Bisque High Fiber Cookie Orange	11 Baked Tilapia Lemon Herb Rice Mixed Vegetables Coleslaw Tropical Fruit Roll	12 Slow Roasted Beef Mashed Potatoes Peas Carrot Raisin Salad Apple	13 Bratwurst Cabbage & Car- rots, Potato Salad W/W Bread Bananna W/W M&M Cookie	14 Pork Pot Roast w/ Onion Celery Carrots Potato Medley Orange	15 Crab Cakes Broccoli Cheddar Rice Green Bean Al- mandine Applesauce
16 Chicken Stir Fry Peas Brown Rice Asian Cabbage Slaw Apple	17 Beef Fajita Tortillas Spanish Rice SW Black Beans Strawberries	18 BLT Lentil Soup Pasta Vegetable Salad Spiced Peaches Sugar Cookie	19 Baked Ham Sweet Potatoes Broccoli Roll Pear Cherry Pie	20 Breaded Catfish Wild & Brown Rice Peas Spinach Mandarin Salad Banana	21 Slow Roasted Beef Mashed Potatoes Peas Carrot Rasin Salad Apple	22 Mushroom Ravioli Broccoli Salad Diced Pears Raisin Nut Cup
23 Sloppy Joe Carrots Coleslaw Pineapple Sugar Cookie	24 Pork Carnitas Tortillas Mexican Corn SW Black Beans Peaches	25 Holiday Baked Ham Sweet Potatoes Broccoli & Roll Pear Cherry Pie	26 Meatballs w/ Marinara Pasta & Broccoli W/W Roll Strawberries	27 Chicken Chow Mein Brown Rice Asian Vegetables Pear	28 Pepper Steak Brown Rice Lima Beans Dinner Roll Strawberries	29 Chicken Stir Fry Peas Brown Rice Asian Cabbage Apple
30 Taco Salad Tortilla Chips Corn Chowder Apple	31 Chicken Cacciatore Pasta Green Beans W/W Roll Diced Pears					Milk is provided with every meal

Menu substitutions may occur without notice. Clients 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 Continued...

peanut butter or a slice of turkey and cheese on whole-wheat pita bread.

5. Drink to your health. A glass of eggnog can set you back 500 calories; wine, beer, and mixed drinks range from 150 to 225 calories. If you drink alcohol, have a glass of water or juice-flavored seltzer in between drinks.

6. Avoid alcohol on an empty stomach. Alcohol increases your appetite and diminishes your ability to control what you eat.

7. Put on your dancing (or walking) shoes. Dancing is a great way to work off some holiday calories. If you are at a family gathering, suggest a walk before the feast or even between dinner and dessert.

8. Make room for veggies. At meals and parties, don't ignore fruits and vegetables. They make great snacks and even better side or main dishes — unless they're slathered with creamy sauces or butter.

9. Be buffet savvy. At a buffet, wander 'round the food table before putting anything on your plate. By checking out all of your options, you might be less inclined to pile on items one after another.

10. Don't shop hungry. Eat before you go shopping so the scent of Cinnabons or caramel corn doesn't tempt you to gobble treats you don't need.

11. Cook from (and for) the heart. To show family and friends that you really care about them, be creative with recipes that use less butter, cream, lard, vegetable shortening, and other ingredients rich in saturated fats and cholesterol. Prepare turkey or fish instead of red meat.

12. Pay attention to what really matters. Although food is an integral part of the holidays, put the focus on family and friends, laughter and cheer. If balance and moderation are your usual guides, it's okay to indulge or overeat once in a while.

<https://www.health.harvard.edu/blog/12-tips-for-holiday-eating-201212245718>

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It's easy to get swept up in the holiday season. This combination of religious and national celebrations can help keep the cold winter away. But the feasts and parties that mark it can tax the arteries and strain the waistline. By eating just 200 extra calories a day — a piece of pecan pie and a tumbler of eggnog here, a couple latkes and some butter cookies there — you could pack on two to three pounds over this five- to six-week period. That doesn't sound like much, except few people shed that extra weight in the following months and years. You don't need to deprive yourself, eat only boring foods, or take your treats with a side order of guilt. Instead, by practicing a bit of defensive eating and cooking, you can come through the holidays without making "go on a diet" one of your New Year's resolutions.

1. Budget wisely. Don't eat everything at feasts and parties. Be choosy, and spend calories judiciously on the foods you love.

2. Take 10 before taking seconds. It takes a few minutes for your stomach's "I'm getting full" signal to get to your brain. After finishing your first helping, take a 10-minute break. Make conversation. Drink some water. Then recheck your appetite. You might realize you are full, or want only a small portion of seconds.

3. Distance helps the heart stay healthy. At a party, don't stand next to the food table. That makes it harder to mindlessly reach for food as you talk. If you know you are prone to recreational eating, pop a mint or a stick of gum so you won't keep reaching for the chips.

4. Don't go out with an empty tank. Before setting out for a party, eat something so you don't arrive famished. Excellent pre-party snacks combine complex carbohydrates with protein and unsaturated fat, like apple slices with

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