

NUTRITION EDUCATION *cont.*

According to the National Institutes of Health, hypokalemia in seniors can sometimes be brought on by certain heart and blood pressure medications and can cause problems with heart and muscle function. Watermelon also has a high water content and contains significant amounts of vitamins A, C and B6.

SPICES

Spices have numerous potential health benefits. For example, turmeric contains active plant compounds called curcuminoids that have been shown to be beneficial in fighting off diseases such as Alzheimer's, Parkinson's, and cancer. Cinnamon can help people with type 2 diabetes control their blood sugar, total cholesterol, and triglycerides. Get creative with your seasonings this summer by incorporating spices like ginger, cumin, saffron, nutmeg, cayenne pepper, and paprika into your recipes.

DEVEILED EGGS AND EGG SALAD

Sometimes forgotten as a member of the protein portion of the recommended daily food groups, eggs are a good source of protein and contain many essential vitamins and minerals, including vitamins A, D, E, B6 and B12. It's not just egg whites that contain health benefits; egg yolks contain choline, lutein and zeaxanthin—several nutrients that are essential for good eye health. These nutrients help prevent age-related eye diseases like macular degeneration and cataracts.

Thank you to our menu sponsor!

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HOME DELIVERED MEALS

May 2025



NUTRITION EDUCATION

SENIOR FRIENDLY BARBECUE BASICS


Watermelon

The days are getting warmer and longer, inspiring people to get outside and enjoy the sunny weather by barbecuing or going on picnics.

Synonymous with summer, this juicy fruit is not only low in fat, but it also contains a staggering amount of nutrients. Pound for pound, watermelon has more lycopene than any other fresh fruit or veggie. Also found in tomatoes, lycopene is an antioxidant that has been shown to combat certain forms of cancer and heart disease. Watermelon is also packed with potassium, which can benefit seniors suffering from potassium deficiency, or hypokalemia. Watermelon also has a high water content and contains significant amounts of vitamins A, C and B6.vegetables.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		We remember and honor those who served.		1 Sweet & Sour Beef Brown Rice Asian Vegetables High Fiber Cookie Pear & Milk	2 Chicken Wild and Brown Rice Lima Beans Orange & Milk	3 Baked Ziti Bahama Veg Apple Milk
4 Chicken Ala King Jasmine Rice Green Beans Apple & Milk	5 Lasagna Roll w/ Meat Marinara Sauce Broccoli Pear & Milk	6 Chicken Cordon Bleu, Sweet Potatoes w/Dates & Nuts, Peas&Carrots, Orange & Milk	7 Beef Tips Mashed Potatoes Brussels Sprouts Apple & Milk	8 Beef Burrito w/ Green Sauce Spanish Rice ,SW/ Black Beans, Diced Mango, Milk	9 <i>Chef's Choice:</i> <i>FISH</i>	10 Beef Chili w/ Cheese, Baked Potato w/Sour Cream, Orange, Milk
11 Chicken Parmesan w/ Marinara Sauce WW Pasta, Capri Bend Veg, Pear, Milk	12 BBQ Chicken Roasted Sweet Potatoes Peas & Carrots Orange, Milk	13 Beef Stroganoff WW Penne Pasta Brussels Sprouts Apple Milk	14 Chicken Teriyaki Brown Rice Succotash Orange Milk	15 Breaded Chicken w/ Country Gravy Mashed Potatoes Succotash Apple, Milk	16 ell Pepper Casserole Roasted Red Potatoes Peas and Carrots Pear & Milk	17 Chicken Chimichanga w/ Enchilada Sauce & Cheese, SW Black Beans, Spanish Rice Diced Mango & Milk
18 Slow Roasted Beef w/ Beef Gravy, Mashed Potatoes, Peas Orange & Milk	19 Shepard's Pie W/Cheese, Winter Blend Veg, Roll w/ butter, Diced Peaches, Milk	20 Sweet & Sour Chicken Brown Rice, Asian Veg High Fiber Cookie Pear, Milk	21 Pork Pot Roast w/ Celery and Onion, Roasted Red Potatoes, Carrots, Orange & Milk	22 Spaghetti w/ Meat Sauce, Monterey Blend, WW Roll w/ Butter, Apple, Milk	23 Chicken Pot Pie w/Buttermilk Biscuit, Lima Beans Pear Milk	24 Breaded Pollock Mac & Cheese Brussels Sprouts w/ Parm Apple, Milk
25 Goulash w/Cheese Green Bean Almondine Apple Milk	26 <i>Silver Key closed for Memorial Day</i>	27 <i>Chef's Choice:</i> <i>PORK</i>	28 Baked Chicken W/Gravy, Mashed Potatoes, Carrots, Orange, Oatmeal Raisin Cookie & Milk	29 Swedish Meatballs WW Pasta Brussel Sprouts Applesauce Milk	30 Chicken Marsala Roasted Red Potatoes, Brussels Sprouts Apple, Milk	31 Southwestern Chicken Spanish Rice Pinto Beans Orange, Milk

Menu substitutions may occur without notice.

Members are advised to keep a 3-day supply of nonperishable foods and bottled water in their home in the event of inclement weather or other emergencies that may cause a temporary suspension of service.