NUTRITION EDUCATION cont.

Healthy Eating Habits for Autumn

- **Switch to warm foods:** Eat cozy soups, roasted root vegetables, and warm whole grains like oats and quinoa instead of cold salads.
- **Boost your immunity:** Add warming spices like cinnamon, ginger, and turmeric to your meals to fight off seasonal colds.
- **Keep drinking water:** Do not forget to hydrate even when it is not hot outside; try hot herbal teas with lemon or ginger.

Thank you to our menu sponsor!

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

Rocky Mountain PACE

Silver Key™ **HOME DELIVERED MEALS**

September 2026

NUTRITION EDUCATION

Fall is in the air!

The start of fall is a great time to update your diet with fresh seasonal foods. Focus on eating in-season produce like apples, pumpkins, and sweet potatoes, switching to warm cooked meals, and building up your immune system as the weather starts to cool down.

Top Fall Foods to Eat

- **Apples and pears:** Full of fiber and vitamin C for a healthy heart and immune support.
- **Pumpkin and winter squash:** Rich in beta-carotene and vitamin A to protect your eyes and skin.
- **Sweet potatoes:** Packed with vitamins A and C to give you steady energy.
- **Dark leafy greens and cruciferous veggies:** Kale, Brussels sprouts, and broccoli provide extra fiber and antioxidants.

Silver Key™

HOME DELIVERED MEALS September 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
♥ Heart Health ♦ Diabetic Choice **Milk included with every meal**		1 ♦Salisbury Steak w/ Gravy ♦Mashed Potatoes ♥♦Green Beans ♥♦Orange	2 ♦Chicken Marsala ♥♦Whole Wheat Pasta ♥♦Brussels Sprouts ♥♦Apple	3 ♦Shepherd's Pie ♥♦Winter Mix Vegetables ♦Apple Cobbler ♥♦Wheat Roll ♦Butter	4 ♦BBQ Pork Rib Patty ♦Baked Beans ♦Sliced Carrots ♥♦Strawberry Applesauce Cup	5 ♦Spaghetti & Meat Sauce ♦Capri Vegetable Blend ♦Peach Cobbler ♥♦Wheat Roll ♦Butter
6 ♦Stuffed Pepper Casserole ♦Red Roasted Potatoes ♥♦Peas & Carrots ♥♦Pear Cup	7 ♦Chicken A La King ♥Jasmine Rice ♥♦Green Beans ♥♦Apple	8 ♦Pesto Chicken Breast ♥♦Wild & Brown Rice ♥♦Brussels Sprouts ♥♦Pear Cup	9 Cheese Ravioli ♦Succotash ♥♦Wheat Roll ♦Butter ♦Blueberry Cobbler	10 ♦Sweet & Sour Chicken ♥Brown Rice ♥♦Asian Vegetables ♥♦Peaches & Creme Cup	11 ♦Chicken Cordon Bleu ♥♦Sweet Potatoes ♥♦Peas & Carrots ♥♦Orange	12 ♦Chicken Alfredo ♥♦Whole Wheat Pasta ♥♦Green Peas Strawberry Cobbler
13 ♦Chicken & Dumplings ♥♦Broccoli High Fiber Cookie ♥♦Spiced Peaches	14 ♦Chili w/Beans & Cheese ♥♦Baby Bakers ♥♦Spiced Peaches ♦Sour Cream	15 ♦Baked Chicken ♥♦w/Gravy ♥♦Baby Bakers ♥♦Carrots ♦Oatmeal Raisin Cookie ♥♦Orange	16 ♦Beef Bourguignon ♦Mashed Potatoes ♥♦Broccoli ♥♦Peaches & Creme Cup	17 ♦Turkey & Rice Casserole ♦Seasoned Green Peas ♦California Blend Vegetables ♦Wheat Roll ♦Butter ♥♦Tropical Fruit Cup	18 ♦Beef Stroganoff ♥♦Whole Wheat Pasta ♥♦Carrots ♥♦Wheat Roll ♦Butter ♥♦Spiced Peaches	19 ♦Teriyaki Meatball Beef & Pork ♥Brown Rice ♦Succotash ♥♦Orange
20 ♦Breaded Chicken w/ Country Gravy ♦Mashed Potatoes ♦Succotash ♥♦Apple	21 ♦Swedish Meatballs ♥♦Whole Wheat Pasta ♥♦Brussels Sprouts ♦Cherry Cobbler	22 Baked Ziti w/ Italian Sausage ♥♦Whole Wheat Pasta ♦Italian Blend Vegetables ♥♦Spiced Apples	23 ♦Southwestern Chicken ♦Spanish Rice ♦Pinto Beans ♥♦Pineapple Cup	24 ♦Shepherd's Pie ♥♦Winter Mix Vegetables ♥♦Wheat Roll ♦Butter ♦Peach Cobbler	25 ♦Chicken Teriyaki ♥Brown Rice ♦Succotash ♥♦Orange	26 Chicken Chimichanga ♥♦Enchilada Sauce ♦Southwest Black Beans ♦Spanish Rice ♥♦Mango Cup
27 ♦Beef Lasagna Roll ♥♦Whole Wheat Pasta ♥♦Broccoli ♦Peach Cobbler	28 ♦Chicken A La King ♥Jasmine Rice ♥♦Green Beans ♥♦Apple	29 ♦Beef Pot Pie w/ Biscuit ♥♦Lima Beans, Blackberry Cobbler	30 ♦Salisbury Steak w/Gravy ♦Mashed Potatoes ♥♦Green Beans ♥♦Peaches & Creme Cup			

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.

Silver Key™

NUTRITION FACTS September 2026

Entree	KCal	Pro (gm)	Carb (gm)	Fat (gm)	Fiber (gm)	CA (mg)	Na (mg)	Vit C (mg)	Vit B12 (mcg)	Vit B6 (mg)
Baked Chicken	467	28	63	12	75	462	2	53	0.150	0.966
Baked Ziti	924	41	115	35	77	1,236	6	233	1.987	0.771
BBQ Pork Rib Patty	545	31	68	18	59	1,056	3	6	1.349	0.196
Beef Bourguignon	895	34	58	38	89	628	3	104	2.353	0.695
Beef Lasagna Roll	641	34	74	25	74	1,282	4	143	3.400	0.908
Beef Pot Pie w/ Biscuit	894	42	107	35	108	1,234	6	55	3.252	0.642
Beef Stroganoff	831	49	106	26	114	905	7	156	3.726	0.780
Breaded Chicken	930	37	76	34	63	1,333	2	10	1.424	0.514
Cheese Ravioli	850	33	113	29	90	801	4	21	1.391	0.480
Chicken & Dumplings	827	42	113	24	91	947	5	140	1.861	0.701
Chicken A La King	807	44	119	17	87	396	3	78	1.895	0.913
Chicken Alfredo	816	44	103	26	78	1,207	5	144	1.774	0.707
Chicken Chimichanga	744	28	115	17	43	1,228	7	129	1.232	0.792
Chicken Cordon Bleu	594	38	72	19	82	557	3	96	2.244	0.571
Chicken Marsala	594	46	59	20	104	507	3	166	1.791	1.395
Chicken Teriyaki	637	47	81	14	91	658	3	53	1.635	1.271
Chili w/Beans & Cheese	199	4	42	3	0	201	1	3	0.001	0.036
Pesto Chicken Breast	692	56	65	24	130	459	3	146	1.846	1.297
Salisbury Steak w/Gravy	815	27	61	31	83	1,061	3	29	1.36	0.223
Shepherd's Pie	912	43	92	42	126	834	6	74	3.734	0.553
Southwestern Chicken	708	54	87	15	113	816	5	317	1.695	1.057
Spaghetti & Meat Sauce	866	41	96	35	107	867	6	104	3.620	0.647
Stuffed Pepper Casserole	667	40	78	24	102	652	4	172	2.458	1.077
Swedish Meatballs	1,056	50	111	47	122	865	7	273	3.718	1.035
Sweet & Sour Chicken	687	37	92	18	87	755	3	38	1.613	0.851
Teriyaki Meatball	633	25	77	26	59	1,048	4	67	0.897	0.774
Turkey & Rice Casserole	773	41	100	24	80	1,200	7	175	2.095	0.688