









| Monday  | Tuesday  | Wednesday   | Thursday   | Friday  |
|---|--|---|--|---|
|  High Sodium Meal >900mg<br> Grocery Bag Delivery Day<br>1% milk offered with every meal<br> |  | <b>1</b><br><b>Fish and Chips</b><br>Red Cabbage Salad, Apricot Halves, Whole Wheat Bread   | <b>2</b><br><b>Chicken Dijon</b><br>over Whole Wheat Penne<br>SF Blend Veggies, Mixed Berries  | <b>3</b><br><b>Whole Wheat Spaghetti and Meatballs</b><br>Steamed Broccoli, Peas and Carrots, Banana                              |
| <b>6</b><br><b>Sweet and Sour Pork</b><br>Sesame Green Beans, Brown Rice, Strawberries  | <b>7</b><br><b>Beef Stroganoff</b><br>Over Bow Tie Pasta, Roasted Brussels Sprouts, Green Salad with Beets, Warm Peaches | <b>8</b><br><b>Chicken and Vegetable Fajitas</b><br>Spanish Brown Rice, Pinto Beans, Mandarin, Whole Wheat Tortilla                             | <b>9</b><br><b>Hearty Chicken Noodle Soup with Vegetables</b><br>Green Salad with Tomatoes and Carrots, Whole Wheat Crackers, Kiwi   | <b>10</b><br><b>Meatloaf</b><br>Broccoli, Mashed Potatoes, Whole Wheat Dinner Roll, Pears   |
| <b>13</b><br><b>Creole Baked Fish</b><br>Herbed Orzo, CA Blend Vegetables, Fruit Cup<br>   | <b>14</b><br><b>Roasted Italian Sausage and Vegetables</b><br>Rice Pilaf, Peas and Pearl Onions, Spiced Peaches          | <b>15</b><br><b>Lemony White Bean Soup with Turkey and Greens</b><br>Mixed Green Salad, Whole Wheat Roll with Butter, Fresh Fruit               | <b>16</b><br><b>BBQ Chicken</b> <br>Green Beans, Sweet Potato Tater Tots, Whole Grain Pasta Salad, Banana | <b>17</b><br><b>Spinach Lasagna</b><br>Pacific Blend Vegetables, Mixed Green Salad with Tomatoes, Garlic Breadstick, Kiwi         |
| <b>20</b><br><b>Coconut Curry with Chickpeas and Tofu</b><br>Brown Rice, Roasted Broccoli, Warm Apricots  | <b>21</b><br><b>Macaroni and Cheese</b><br>CA Blend Vegetables, Stewed Tomatoes, Tropical Fruit Salad                    | <b>22</b><br><b>California Pork with Apricot Sauce</b><br>Brown Rice, Mixed Green Salad with Cherry Tomatoes, Garden Vegetable Blend, Fruit Cup | <b>23</b><br><b>Chicken and Barley Soup</b><br>Mixed Green Salad with Shredded Carrots, Whole Wheat Crackers, Apple Slices   | <b>24</b><br><b>Cheeseburger on a Whole Wheat Bun</b><br>Potato Wedges, Chuck Wagon Corn, Watermelon                              |
| <b>27</b><br><b>Chicken Cordon Bleu</b><br>SF Blend Vegetables, Herbed Orzo, Fresh Fruit<br>   | <b>28</b><br><b>Beef Tamale Pie</b><br>Roasted Corn and Peppers, Spanish Brown Rice, Pineapple Cup                       | <b>29</b><br><b>Whole Grain French Toast with Sausage</b><br>O'Brien Potatoes, Mixed Berry Compote  | <b>30</b><br><b>Curried Lentils and Tomatoes</b><br>over Brown Rice<br>Eastern Vegetables, Roasted Red Potatoes, Kiwi  | <b>31</b><br><b>Tunisian Meatballs</b><br>Brown Rice, CA Blend Veggies, Romaine Salad w/Shredded Cabbage and Carrots, Fruit Crisp |



# May Reducing Sugar Intake

## How can you eat less sugar?

**Read Labels:** Look on the nutrition facts label of added sugar and in the ingredients. The American Heart Association recommends no more than 9 teaspoons of sugar per day for men and 6 teaspoons per day for women (1 teaspoon = 4 grams of sugar). There are no recommendations for added sugars.

When looking at ingredients, if sugar is in the first 3 ingredients, it's likely to be a food item high in added sugars.



**Avoid Sugary Beverages:** Skip the sodas, juices, and sugary coffee beverages. Stick with water and sugar free drinks. One 12-oz soda can contain 10 teaspoons of sugar!

### Meal Reheating Instructions:



If meal is not eaten upon delivery, refrigerate immediately.

#### To reheat in microwave:

- 1) peel back or slit lid
- 2) heat on high 2-3 minutes or until heated thru.

#### To reheat in oven:

- 1) heat oven to 350 degrees,
- 2) peel back or slit lid
- 3) put meal on a cookie sheet
- 4) heat 10 minutes or until heated thru

### Nutrition Program Activities

5/2 OLDER ADULT EDUCATION WITH NEVADA COUNTY 12:15 PM

5/6, 5/13, 5/20

GENTLE EXERCISE 10:30 AM

5/9 MOTHER'S DAY PAPER FLORAL CRAFT 12:30 PM

5/14 LIVE MUSIC WITH DALE RODDY 12:15 PM

5/23 BINGO WITH RONDHA'S AFTERCARE 12:30 PM

5/30 MAY'S BIRTHDAY WITH CAKE FROM WOLF CREEK CARE CENTER



**Gold Country**  
SENIOR SERVICES

