














Monday	Tuesday	Thursday
 High Sodium Meal >900mg  Grocery Bag Delivery Day 1% milk offered with every meal		2 Older Adult Education with Nevada County 12:15pm  Chicken Dijon over Whole Wheat Penne SF Blend Veggies, Mixed Berries
6 CINCO DE MAYO Chicken and Vegetable Fajitas Spanish Brown Rice, Pinto Beans, Mandarin, Whole Wheat Tortilla	7 Beef Stroganoff Over Bow Tie Pasta, Roasted Brussels Sprouts, Green Salad with Beets, Warm Peaches	9 Hearty Chicken Noodle Soup with Vegetables Green Salad with Tomatoes and Carrots, Whole Wheat Crackers, Kiwi 
13 Lemony White Bean Soup with Turkey and Greens Mixed Green Salad, Whole Wheat Roll with Butter, Fresh Fruit	14 Roasted Italian Sausage and Vegetables Rice Pilaf, Peas and Pearl Onions, Spiced Peaches  Dale Roddy 12:15pm	16 BBQ Chicken Green Beans, Sweet Potato Tater Tots, Whole Grain Pasta Salad, Banana 
20 California Pork with Apricot Sauce Brown Rice, Mixed Green Salad with Cherry Tomatoes, Garden Vegetable Blend, Fruit Cup	21 Macaroni and Cheese CA Blend Vegetables, Stewed Tomatoes, Tropical Fruit Salad	23  Chicken and Barley Soup Mixed Green Salad with Shredded Carrots, Whole Wheat Crackers, Apple Slices
27  	28 Beef Tamale Pie Roasted Corn and Peppers, Spanish Brown Rice, Pineapple Cup	30 Curried Lentils and Tomatoes over Brown Rice Eastern Vegetables, Roasted Red Potatoes, Kiwi  Birthday Cake from Wolf Creek Care Center

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!

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

Suggested Contribution

\$3.00 for:

- Adults 60 years and older
- Spouse or caregiver of eligible participant
- Disabled guest of eligible participant
- Residents of Nevada City Senior Apartments

\$7 Fee for guests under 60

CONTRIBUTIONS ARE ESSENTIAL TO FUND THE LUNCH PROGRAM. HOWEVER, NO SENIOR 60+ TURNED AWAY DUE TO LACK OF FUNDS.



Gold Country
SENIOR SERVICES

