



| Monday | Tuesday | Thursday |
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|  High Sodium Meal >900mg  Grocery Bag Delivery Day 1% milk offered with every meal |    | |
| 3 Fish Sandwich on a Whole Wheat Bun Potato Wedges, Caribbean Blend Vegetables, Mixed Green Salad, Fresh Fruit | 4 Pork Picadillo with Brown Rice Italian Blend Vegetables, Brussels Sprouts, Apple Sauce | 6 Turkey Chili Brown Rice, Chuck Wagon Corn, Green Salad with Cabbage and Carrots, Peach Cup <div style="text-align: right;">  <p>Older Adult Education with Nevada County 12:15pm</p> </div> |
| 10 Salmon with Creamy Sun-Dried Tomato Orzo Broccoli, Corn with Peppers, Fresh Fruit, Whole Wheat Bread <div style="text-align: center;">  </div> | 11  Beef Goulash over Whole Wheat Penne Green Beans, Mixed Green Salad, Fresh Mandarin <div style="text-align: center;">  <p>Poker Game with Golden Empire</p> </div> | 13 Grilled Chicken with Gnocchi in Marinara Garden Vegetables, Green Salad with Mandarins, Warm Peaches |
| 17 Happy FATHER'S DAY Chicken Tortilla Soup Mixed Green Salad with Tomatoes and Carrots, Tortilla Chips, Kiwi | 18 Summer Strata with Zucchini Mixed Green Salad, O'Brien Potatoes, Spiced Apples | <div style="display: flex; justify-content: space-between;"> <div style="width: 60%;"> 20  Senior Chorus Performance </div> <div style="width: 35%;"> Cheese Ravioli with Meat Sauce Italian Blend Vegetables, Whole Grain Garlic Bread, Pineapple Chunks </div> </div> |
| 24 Irish Beef Stew Romaine Salad with Red Cabbage and Carrots, Whole Wheat Roll, Orange | 25 Stir-Fry Chicken and Vegetables Roasted Broccoli, Brown Rice, Fresh Fruit | 27 Coq au Vin over Whole Wheat Farfalle Green Beans, Peas and Carrots, Mandarins and Strawberries <div style="text-align: center;">  <p>Birthday Cake from Wolf Creek Care Center</p> </div> |

Individuals 60 years of age or older - suggested voluntary contribution \$3.00 per day
Please make checks payable to Gold Country Senior Services

June 2024

Summer Nutrition



The Benefits of a High Fiber Diet

Fiber is a type of undigestible carbohydrate. It passes through the gut without raising blood sugar (because the body does not absorb it) and helps keep your hunger away longer. Eating fiber every day provides many benefits. There are two types of fiber: soluble and insoluble.

Soluble fiber: Found in oat bran, barley, nuts, seeds, beans, lentils, fruits and vegetables.

Soluble fiber attracts water and forms a gel-like material to slow digestion and lower blood cholesterol and glucose levels.

Insoluble fiber: Found in whole-wheat flour, wheat bran, nuts, beans, and vegetables. Insoluble fiber promotes movement through the digestive system and increases stool bulk which helps avoid constipation.

Fiber Recommendations

Men 50 years or older: 30 grams per day

Women 50 years or older: 21 grams per day

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.



Nutrition Program Activities

6/6 OLDER ADULT EDUCATION WITH NEVADA COUNTY 12:15 PM

6/3, 6/10, 6/17, 6/24
GENTLE EXERCISE 10:30 AM

6/11 POKER GAME WITH GOLDEN EMPIRE 12:30 PM

6/20 SENIOR CHORUS PERFORMANCE 12:15 PM

6/27 JUNE BIRTHDAY WITH CAKE FROM WOLF CREEK CARE CENTER



Gold Country
SENIOR SERVICES