



| Monday | Tuesday | Wednesday | Thursday | Friday |
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|  High Sodium Meal >900mg  Grocery Bag Delivery Day 1% milk offered with every meal |    | | | |
| 3 Chicken Curry over Brown Rice Steamed Spinach, Peas and Carrots, Mandarin Oranges | 4 Pork Picadillo with Brown Rice Italian Blend Vegetables, Brussels Sprouts, Apple Sauce | 5 Fish Sandwich on a Whole Wheat Bun Potato Wedges, Caribbean Blend Vegetables, Mixed Green Salad, Fresh Fruit | 6 Turkey Chili Brown Rice, Chuck Wagon Corn, Green Salad with Cabbage and Carrots, Peach Cup | 7 Fiesta Wrap Black Beans, Quinoa, Turkey, and Vegetables, CA Blend Vegetables, Whole Wheat Tortilla, Banana |
| 10 Chicken Pot Pie with Vegetables Brussels Sprouts, Cranberry Relish, Whole Wheat Roll | 11 Beef Goulash over Whole Wheat Penne Green Beans, Mixed Green Salad, Fresh Mandarin | 12 Salmon with Creamy Sun-Dried Tomato Orzo Broccoli, Corn with Peppers, Fresh Fruit, Whole Wheat Bread | 13 Grilled Chicken with Gnocchi in Marinara Garden Vegetables, Green Salad with Mandarins, Warm Peaches | 14 Teriyaki Meatballs with Broccoli Brown Rice Pilaf, Eastern Vegetable Blend, Banana |
| 17  Garlic Herb Chicken Rice Pilaf, French Cut Green Beans, Carrots and Peas, Orange | 18 Summer Strata with Zucchini Mixed Green Salad, O'Brien Potatoes, Spiced Apples | 19 Chicken Tortilla Soup Mixed Green Salad with Tomatoes and Carrots, Tortilla Chips, Kiwi | 20 Cheese Ravioli with Meat Sauce Italian Blend Vegetables, Whole Grain Garlic Bread, Pineapple Chunks | 21  Pulled Pork Sliders on a Whole Wheat Hoagie Roll Sweet Potato Tater Tots, Broccoli, Fresh Fruit |
| 24 Whole Grain French Toast with Sausage O'Brien Potatoes, Mixed Berry Compote | 25 Stir-Fry Chicken and Vegetables Roasted Broccoli, Brown Rice, Fresh Fruit | 26 Irish Beef Stew Romaine Salad with Red Cabbage and Carrots, Whole Wheat Roll, Orange | 27 Coq au Vin over Whole Wheat Farfalle Green Beans, Peas and Carrots, Mandarins and Strawberries | 28 Crunchy Chicken Salad Wrap in a Whole Wheat Tortilla Tomato Wedges, Fresh Melon |

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

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 lid back or slit lid
- 3) put meal on a cookie sheet
- 4) heat 10 minutes or until heated thru



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