

Senior Nutrition Program January 2017

Mon	Tue	Wed	Thu	Fri
	3 Salisbury Steak Mashed Potatoes & Gravy Carrots Spinach Salad Wheat Roll & Fig	4 Chef Salad Breadsticks Peaches Apple Juice Orange Sherbet	5 Lentil Soup Ham Sandwich Cantaloupe	6 Baked Cod Scalloped Potatoes Carrot Raisin Salad Broccoli Tropical Fruit & Roll
9 BBQ Pork Sandwich Green Beans Appleslaw Oatmeal Raisin Cookie Apricot Nectar	10 Turkey Pot Pie Mixed Vegetables Apricots Wheat Roll Pineapple-Orange Juice	11 Meatball Soup Chicken Salad Roll Plum	12 Lime Fish Salad Zucchini Linguini Breadstick Strawberry Rhubarb Crisp	13 Macaroni & Cheese Brussels Sprouts Wheat Roll Fruit Cocktail Cookie
 	17 Ham Spiral Noodles Winter Mix Vegetables Sourdough Bread Apricots Chocolate Chip	18 Wild Rice Soup Chicken Santa Fe Salad Saltines Berries & Whipped Topping	19 Taco Bake Casserole Seasoned Corn Pinto Beans Melon	20 Chicken Fried Rice Eggrolls Stir Fried Vegetables Fortune Cookie Mandarin Orange
23 Beef Stroganoff Peas & Carrots Roll Banana	24 Ground Pork & Rice Casserole Baby Carrots Wheat Roll Kiwi	25 Amandine Fish White Potatoes Broccoli Wheat Roll Chocolate Pudding	26 Chicken Noodle Soup Ham Sandwich Oyster Crackers Strawberries & Whipped Topping	27 Beef Stir Fry Rice Asian Vegetables Fortune Cookie Peaches
30 Roast Beef Mashed Potatoes Asparagus Roll Fruit Salad	31 Stuffed Bell Pepper Salad Whole Wheat Roll Peach Crisp		Menu 4 20 Serving Days 	

Nutrition analysis includes 2% milk. Butter, Salad Dressing & Condiments are optional and increases the fat and/or sodium content of the meal

~ THIS MENU IS SUBJECT TO CHANGE ~

Consuming Mishandled Leftover Food May Increase Your Risk of Food Borne Illness. Refrigerate leftovers promptly and reheat thoroughly

A Service of Catholic Community Services of Western Washington



**For Reservations or
Information Call
(253) 474-1200**

KING COUNTY LOCATIONS

PIERCE COUNTY LOCATIONS

Name		Location
Auburn	M - F	808 9th St SE, Auburn
Bellevue	M,Tu,W,F	4063 148th Ave NE, Bellevue
Black Diamond	Tu & Th	31605 3rd Ave, Black Diamond
Des Moines	M - Th	2045 S 216th St, Des Moines
Enumclaw	M - F	1350 Cole St, Enumclaw
Federal Way	F	876 S 333rd St, Federal Way
Issaquah	Tu & F	75 NE Creek Way, Issaquah
Kirkland	M,Tu,W,F	352 Kirkland Ave, Kirkland
Pacific	Tu - F	133 3rd Ave SE, Pacific
Redmond	M - F	8703 160th Ave NE, Redmond
Seatac	Tu - F	13735 24th Ave S, Seatac
Tukwila	Tu	12424 42nd Ave S, Seattle

Name		Location
African American	Th	1323 S. Yakima, Tacoma
Beacon	M - F	415 S.13th St., Tacoma
Buckley	M,W,F	811 Main St., Buckley
Eatonville	M,W,F	305 West Center St.
Fife	W & F	2111 54th Ave East, Fife
Gig Harbor	M & W	8502 Skansie Ave, G.H.
Japanese	W	14916 SW Washington, Tillicum
Lakewood	M & W	5705 Main St. S.W. Lakewood
Lighthouse	M - F	5016 S. A St., Tacoma
Parkland	M & F	12115 Park Ave. S., Parkland
Portland	Tu & Th	3513 E. Portland Ave.
Puyallup	M,W,F	210 West Pioneer, Puyallup
Ruston	Tu - F	4716 N. Baltimore, Ruston
Steilacoom	Tu,W,F	2301 Worthington, Steilacoom
Sumner	M - F	15506 62nd St. East, Sumner
Tillicum	M & Th	14916 SW Washington, Tillicum

Catholic Community Services ~ Senior Nutrition Program
5705 Main Street SW, Lakewood WA 98499
Phone: 253-474-1200



Exercise and Nutrition for Healthy Older Adults Men and women have been living longer, more satisfying lives well into their 80's and 90's. Research has continually shown eating healthy and staying active plays a huge role in enhancing the quality of life and helps prevent medical conditions such as heart disease and diabetes. There is no limit in age to gain the benefits of exercise and nutrition. In fact, as we age it becomes more important to engage in these lifestyle habits to help retain strength, energy, and stamina. Here are a few general suggestions to incorporate healthy habits into your life:

More nutrients and fewer calories: As we age, adults need fewer calories and more nutrients, specifically protein, B-vitamins and calcium. Think quality not quantity and aim for a stable healthy weight.

Cut back on salt: Limit sodium intake to 1,500mg a day and try to get 4,700mg potassium a day. This helps with preventing high blood pressure and other complications.

Choose unsaturated fat over saturated fat: Over consumption of saturated fat in animal products such as beef and pork have been shown to increase risk for heart disease. Unsaturated fats in plant based foods and fatty fish such as monounsaturated, polyunsaturated, and omega-3 fats have been shown to prevent heart disease when eaten in moderation.

Eat a variety of fruits and vegetables: These foods contain fiber, which helps with digestion, and contain many vitamins and minerals, which are essential for the bodies function.

Choose at least ½ of your grains as whole grain: Whole grains contain more fiber and nutrients, which will keep you feeling fuller throughout the day and more energized.

Get moving!

Aerobic activity such as walking, cycling, or swimming at least 3 times a week for 30 minutes is recommended (activity can also be broken up into 10 minute bouts throughout the day for the same benefit).

Strength activities are important to increase bone density and prevent muscle loss.

Don't forget to stretch! Stretching can increase flexibility, which is beneficial for increasing your muscle and joint range of motion, which is important for maintaining and/or improving activities of daily living.

Shelby Swanson, BS Nutrition and Exercise Physiology

<http://www.eatright.org/resource/food/nutrition/dietary-guidelines-and-myplate/healthy-weights-for-healthy-older-adults>

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Mon	Tue	Wed	Thu	Fri
HOLIDAY	Salisbury Steak Calories =810 Carb =115 Sodium =1000	Chef Salad Calories =690 Carb =85 Sodium =1280	Lentil Soup Calories =640 Carb =94 Sodium =1070	Baked Cod Calories =770 Carb =106 Sodium =960
BBQ Pork Sandwich Calories =900 Carb =106 Sodium =1030	Turkey Pot Pie Calories =680 Carb =104 Sodium =920	Meatball Soup Calories =720 Carb =57 Sodium =1070	Lime Fish Calories =730 Carb =102 Sodium =680	Macaroni & Cheese Calories =850 Carb =110 Sodium =740
HOLIDAY	Ham Spiral Noodles Calories =660 Carb =94 Sodium =1210	Wild Rice Soup Calories =660 Carb =60 Sodium =1150	Taco Bake Casserole Calories =690 Carb =60 Sodium =670	Chicken Fried Rice Calories =670 Carb =85 Sodium =970
Beef Stroganoff Calories =820 Carb =97 Sodium =500	Ground Pork & Rice Casserole Calories =760 Carb =92 Sodium =800	Amandine Fish Calories =660 Carb =86 Sodium =720	Chicken Noodle Soup Calories =670 Carb =75 Sodium =1160	Beef Stir Fry Calories =690 Carb =77 Sodium =1010
Roast Beef Calories =690 Carb =89 Sodium =1110	Stuffed Bell Pepper Calories =780 Carb =96 Sodium =760			