

September, 2010

Community Action Agency of Butte County, Inc.

Senior Nutrition Program




Congregate Lunch Menu

Serving Butte, Sutter & Yuba Counties

There is no obligation to contribute & a contribution is purely voluntary. You will be provided a meal whether you donate or not.

Suggested Meal Donation: \$2.50 for Seniors (Diners under 60: \$5.00 per meal) Transportation: \$1.00 donation roundtrip

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		09/01	09/02	09/03
		Stuffed Bell Pepper+ Over Brown Rice Green Peas & Onions Fresh Banana+	Roasted Pork Loin ♥ Sweet Potato Oven Fries* Key largo Veggies W/G Roll Mandarin Oranges+	Salisbury Steak w/ White Sauce Sweet Potatoes +* Green Beans Whole Grain Roll Fresh Plums+
09/06 Labor Day Holiday	09/07	09/08	09/09	09/10
	Pork Steak w/Gravy Mashed Potatoes+ 5-way Mixed Veggies+* Whole Grain Roll Persian Melons+	Spaghetti w/ Meat Sauce Broccoli +* Spring Mix Salad French Bread Sticks Honeydew+	Chicken Taco Salad Bowl+ Sour Cream Salsa Dressing Fiesta Blend Vegetables * Spanish Brown Rice Red Grapes	Turkey Sandwich w/ Lettuce and Tomato Potato Salad+ Black Bean Salad Whole Grain Bread Cantaloupe +*
09/13	09/14	09/15	09/16	06/17
Beef Stroganoff over Whole Wheat Egg Noodles Spinach + * Pickled Beets Honeydew +	Provincial Stuffed Pepper ▼ White Bean Salad Rice Pilaf Strawberries w/Non-Fat Vanilla Yogurt + 1/2c fruit	Tahitian Pork w/ Veggies + ☼ over Steamed Brown Rice Baby Carrots * Green Grapes	Honey Dijon Chicken ♥ Rosemary Red Potatoes + 5-way Mixed Vegetables* Whole Wheat Bread Fresh Pears	Roast Turkey Mashed Potatoes+ Broccoli+* Whole Grain Roll Fresh Banana+
09/20	09/21	09/22	09/23	09/24
Salmon Boats w/ Lemon ♥ Spring Mix Salad w/Carrots+* Sugar Snap Peas Whole Wheat Roll Honeydew +	Oven-Fried Chicken ☼ Mashed Potatoes+ w/Gravy Green Beans Biscuit Fresh Orange+	Chef's Salad w/ Ham, Turkey, Cheese & Egg Mixed Salad Greens + Tomato Wedges + Dinner Roll Banana	Chinese Pepper Steak ☼ w/ Vegetables + Steamed Brown Rice Baby Carrots * Cooked Cabbage+ Fresh Apple	Hamburgers w/ lettuce, tomato+, pickles Black Bean, Corn, Tomato Salad *+ Potato Salad + Watermelon Slice +
09/27	09/28	09/29	09/30	
Baked Fish w/ Lemon ♥ Zucchini & Stewed Tomato + Broccoli +* Brown Rice Pilaf Strawberries +	Rueben Sandwich ☼ w/Swiss cheese Sauerkraut + Spinach Salad w/ Carrot +* Rye Bread Banana+	Garden Chili ▼ Spinach * Coleslaw+ Whole Grain Cornbread Fresh Banana+	Old Fashion Meatloaf Mashed Potatoes+ w/ Gravy 5-Way Mixed Vegetables * Whole Grain Bread Cantaloupe*+	

+ = Vitamin C * = Vitamin A ☼ = High Sodium ♥ = Heart Healthy ☼ = Ethnically Oriented Meal ▼ = Vegetarian 8 oz of 1% milk served with every meal

Senior Nutrition Program is partially funded by Area 3 Agency on Aging in Butte County and Area 4 Agency on Aging in Sutter & Yuba Counties

NUTRITION EDUCATION

You can have your cake and eat it too: Dessert can be affordable, healthy, and delicious

Cutting out junk does not mean that you cut out all desserts. We all enjoy sweet treats, so it is important to know how to include scrumptious, healthy and affordable desserts in your menu. Try picking one day each week for a special sweet treat. On other days find ways to shift your thinking about what dessert can be. For example, fresh fruit is sweet, juicy, healthy, and makes a wonderful dessert.

- **Popsicles:** Freeze your own 100% fruit juice popsicles. If you don't have a Popsicle tray you can use an ice-cube tray and freeze with small plastic spoons as handles.
- **Home baked items:** For healthier baked goods it is much more affordable to make your own. It's also a great way to spend time with family or friends. Oatmeal cookies with rolled oats (whole grains!) are a good example of a healthier baked option. In addition you can always reduce the amount of sugar recipes call for.
- **Yogurt:** Buy a large container of plain yogurt and you can make each serving unique by adding a little sweetener such as honey and cut up pieces of fresh in season fruit. Making your own frozen yogurt is fun, too!
- **Frozen treats:** There are many delicious frozen treats such as fruit, yogurt, and smoothies. Try freezing grapes, bananas (cut into pieces before freezing), peaches (cut into pieces before freezing), or berries. For an amazing dessert pour a little dark chocolate sauce over the frozen fruit. Yummy!
- **Chocolate:** Many of us have chocolate cravings. Dark chocolate is actually quite high in anti-oxidants so enjoy the occasional square of dark chocolate (70% or higher is best) as a wonderful treat.

Helpguide.org
A trusted non-profit Recourse

Lower your energy bills and save money. Community Action Agency of Butte County is offering Free Weatherization Services to Butte County residents. Qualified low-income customers can receive weatherization measures and energy efficient appliances to reduce gas and electric expenses. This could include attic insulation, weather-stripping, caulking, compact fluorescent lamps, showerheads, and free energy-efficient appliances. You may qualify whether you rent or own your home. To find out more call:
(530) 538-7534 ext. 209

August 2010 ~ SITE ACTIVITIES

All Sites:

3rd Friday

Birthday Celebration

--- ask Site Leads about other activities ---

Lunch is served at Noon, Monday-Friday at the following locations:

Chico Senior Café: 775 E. 16th Street - 343-9605

Gridley Senior Café: 194 Washington St, 846-3264

Oroville Senior Café: 2450 Oro Dam Blvd, Suite "S"- 533-4571

Paradise Senior Café: 877 Nunneley Road - 877-5016

Lunch is served at 11:45am Monday-Friday at the following locations:

Olivehurst Senior Café: 4979 Olivehurst Ave - 635-4011

Yuba Senior Café: 777 Ainsley Ave - 674-2338

Lunch is served at 11:45am, Mon-Wed-Fri:

Brownsville Senior Cafe: 17103 N. Ponderosa Way

Call Lisa @ 530-321-7651

Wheatland Senior Café: 705 3rd St, Wheatland - 635-4026

- Community Action Agency of Butte County, Inc. provides **Home Delivered Meals** to Butte, Sutter and Yuba Counties.
- For information on Home Delivered meals for *home bound* seniors, please call 530-538-7158 ext. 223 or 891-2807 x4, x245
- Reservations are required at all sites; call the Site Lead the day before you wish to have lunch. If you made a reservation and cannot attend, please call to cancel. **Please note:** Meals will be served first to those who have made a reservation. Thank you.
- The Senior Nutrition Program is sponsored by the Community Action Agency of Butte County, Inc., 2255 Del Oro Avenue, Oroville, CA 95965, (530) 538-7559. Rules for acceptance and participation are the same for everyone without regard to race, origin, sex or handicap.