

# July, 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

		<h1>Happy Independence Day !!!</h1>			07/01	07/02
					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 +
07/05 Holiday	07/06	07/07	07/08	07/09		
Baked Fish w/ Lemon ♥ Zucchini & Stewed Tomato + Broccoli +* Brown Rice Pilaf Strawberries +	Rubeen 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*+	Macaroni & Cheese ▼ Zucchini Key Largo Veggies*+ Fresh Mandarins+		
07/12	07/13	07/14	07/15	07/16		
Greek Seasoned Chicken ☀ w/ Orzo Green Beans Spinach* Salad w/ Tomato + Spiced Apricots*	Baked Fish Scandia ♥ Brown Rice Succotash +* Baby Carrots * Banana+	Baked Potato Bar ▼ Ranch Beans, Cheese Broccoli+ Red Pear Whole Grain Bread	Herb Baked Chicken Cucumber Salad* + Ca. Blend Vegetables +* Biscuit Cantaloupe*+	Tuna Stuffed Tomato+ on ♥ Romaine w/ Carrot * Three Bean Salad W/W Roll Honeydew+		
07/19	07/20	07/21	07/22	07/23		
Seafood Salad on bed of Spring Greens w/Carrots* w/Tomato Wedges+ & Hard Boiled Egg, White Beans Salad Bread Sticks & Orange+	Chicken Tandori ☀ Curry Brown Rice Summer Squash + Steamed Cauliflower+ Fresh Apple	Stuffed Bell Pepper+ Over Brown Rice Green Peas & Onions Fresh Banana+	Roasted Pork Loin ♥ Sweet Potato Oven Fries* Key largo Veggies Whole Grain Roll Mandarin Oranges+	Salisbury Steak w/ White Sauce Sweet Potatoes +* Green Beans Whole Grain Roll Fresh Plums+		
07/26	07/27	07/28	07/29	07/30		
Braised Beef Tips Over Brown Rice Yellow Squash Broccoli Salad*+ Fresh Orange+	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 +*		

±= 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

## How to Maximize the Flavor and Health Benefits of Tea

WHAT TO ADD TO YOUR TEA TO MAKE IT HEALTHIER,  
HOW TO MAKE YOUR OWN ICED TEA, PLUS 5 TIPS FROM A TEA  
EXPERT.



Sure, a tall glass of iced tea on a hot day is refreshing, but did you know it might also do your body good? Studies show if you drink tea regularly, you may reduce your risk of Alzheimer's and diabetes, plus have healthier teeth and gums and stronger bones. How? Tea is rich in a class of antioxidants called flavonoids.

“True teas,” such as black, green, oolong and white teas, come from the leaves of the tea plant, *Camellia sinensis*. What many of us call herbal teas, such as chamomile and rooibos, are actually tisanes or infusions. The differences in true teas result from how the tea plant's leaves are processed: black teas are oxidized (exposed to oxygen) a few hours before rolling and drying, deepening their color, while white teas and green teas are simply steamed, rolled and dried. Think of oolongs as hybrids; their leaves are partially oxidized before drying.

Regardless of the variety, maximize the power of its flavonoids by drinking it freshly brewed. If you want to keep a batch of cold tea in your refrigerator, “add a little lemon juice,” recommends Jeffrey Blumberg, Ph.D., director of the Antioxidants Research Laboratory at the USDA Human Nutrition Research Center on Aging at Tufts University in Boston. The citric acid and vitamin C in that squeeze of lemon—or lime, or orange—help preserve the flavonoids.

By *Joyce Hendley*, “Tea Time,” *July/August 2009 Eating Well Magazine*

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

## July 2010 ~ SITE ACTIVITIES

### All Sites:

3<sup>rd</sup> Friday

Birthday Celebration

2<sup>nd</sup>

Independence's Day Celebration

23<sup>rd</sup>

Parents Day Celebration – Bring photos of your kids and share stories.

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

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

*Chico Senior Café: 775 E. 16<sup>th</sup> 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 3<sup>rd</sup> 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 530-538-7534 ext 245 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.