

July, 2010

Community Action Agency of Butte County, Inc.

Senior Nutrition Program



Home Delivery 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


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<h2>Happy Independence Day!!!</h2>			07/01	07/02
					Pork Patty w/Country Gravy Mashed Potatoes+ Collard Greens* Bread Sticks Apple+ 8mg	Mushroom Chicken over Brown Rice Winter Blend Veggie S *+ (2-1/2c svg) W/W Roll Tropical Fruit Cup+
07/05 Holiday	07/06	07/07	07/08	07/09		
Meatballs & Gravy over Brown Rice Carrots* Succotash+* Bread Sticks Kiwi x2+	Teriyaki Chicken over Brown Rice Green Peas*+ Creamed Corn W/G Roll Tropical Fruit+	Chile over Brown Rice Green Peas*+ Corn & Carrots*+ Whole Grain Corn Bread Banana +	Macaroni & Cheese Corn+ Creamed Spinach* Bread Sticks Orange+	Breaded Fish Patty Hash Brown Potatoes Mixed Veggies*+ W/W Roll Applesauce +		
07/12	07/13	07/14	07/15	07/16		
Roast Beef w/Gravy Mashed Potatoes+ Green Peas*+ W/W Roll Apricots*	Veal Parmesan* Green Beans Carrots* Bread Stick Mandarin Oranges+	Baked Chicken over Brown Rice Mashed Potatoes+ Broccoli *+ W/W Roll Kiwi x2+	Tuna Casserole* Green Peas*+ Creamed Corn Crackers Fresh Orange+	Meatloaf & Gravy Mashed Potatoes+ California Blend Veggie * W/W Roll Pineapple Tidbits+		
07/19	07/20	07/21	07/22	07/23		
Chicken Cacciatore*+ Mixed Veggies*+ Spinach*+ W/G Roll Red Pear	Glazed Fish over Brown Rice ♥ Green Beans Corn+ W/W Roll Kiwi x2+	Turkey & Gravy Mashed Potato+ Spinach* W/W Roll Apricots *	Salisbury Steak with Gravy Sweet & Sour Cabbage*+ Hash Browns Bread Stick Pink Grapefruit+	Lasagna with Meat Sauce*+ Italian Green Beans*+ Corn+ Whole Grain Roll 2oz Apple		
07/26	07/27	07/28	07/29	07/30		
Chicken & Noodles Casserole Mixed Veggies*+ Broccoli*+ W/W Roll Red Pear	Fish Sticks ♥ Mashed Potatoes+ Mixed Veggies*+ W/W Roll Orange +	Cheese Enchilada Mexicali Corn* Peas*+ Fresh Peach Crackers 2oz	Sweet & Sour Chicken*+ Over Brown Rice Oriental Blend*+ Green Peas*+ Whole Grain Roll Pineapple Tidbits +	Spaghetti & Meat Balls Mixed Veggies* Broccoli+ W/W Roll Banana+		

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

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:

3rd Friday

Birthday Celebration

2nd

Independence's Day Celebration

23rd

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. 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 530-538-7534 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.