


July

Lunch Reservations: 928-774-2606

Call by 2pm the day before

COCONINO COUNTY HEALTH AND HUMAN SERVICES
COMMUNITY SERVICES—SENIOR NUTRITION PROGRAM
245 N THORPE ROAD, FLAGSTAFF

MON	TUE	WED	THU	FRI
MENU IS SUBJECT TO CHANGE.				¹ Spaghetti w/ Mushroom Sauce, Roasted Asparagus, Cannellini Beans, and Fruit Cup
⁴ Closed due to Holiday 	⁵ Baked Ham, Sweet Potato w/ Cinnamon Butter, Wild Rice, Kale Salad, and Mangoes	⁶ Tuna Salad Croissant, Greek Salad, Honey-Dew, and Banana Poke Cake	⁷ Salisbury Steak, Mashed Potatoes and Gravy, Roasted Cauliflower, Whole-Wheat Roll, and Peaches	⁸ Spinach Lasagna, Caesar Salad, Baked Zucchini, and Mixed Fruit
¹¹ Spaghetti with Meatballs, Kale Salad, Three bean salad, and Berries	¹² Pulled Pork on a Bun, Potato Wedges, Broccoli Salad, and Watermelon	¹³ Corn Chowder, Black Eyed Peas, Side Salad, Whole-Wheat Roll, Mandarin Oranges, and Brownies	¹⁴ Tilapia Roasted Pepper Sauce, Mixed Veggies, Collard Greens, Couscous, and Apricots	¹⁵ Pizza, Cucumber Salad, Sautéed Spinach, and Fruit Cup
¹⁸ Minestrone Soup, Roasted Cauliflower, Green Salad, Whole-Wheat Roll, and Applesauce	¹⁹ Smothered Pork Chops, Sautéed Bell Peppers and Onions, Mixed Veggies, Brown Rice, and Pineapple	²⁰ Chicken with Mushroom Sauce, Green Beans, Roasted Asparagus, Texas Toast, Grapes, and Chocolate Pudding	²¹ French Dip w/ Au Jus Sauce, Potato Salad, Side Salad, and Cantaloupe	²² Honey Pineapple Salmon, Brussel Sprouts, Carrots, Wild Rice, and Mixed Fruit
²⁵ Chicken Teriyaki, Spinach Salad, Carrot and Peas, Whole Wheat Roll, Pineapple	²⁶ Stuffed Peppers, Cucumber and Tomato Salad, Cannellini Beans, and Mangoes	²⁷ Cheeseburgers with Lettuce/Onions/ Tomatoes, Carrots and Celery Sticks, Mixed Fruit, and Ice Cream	²⁸ Garlic Butter Cod Foil Packets, Carrot Salad, Orzo Salad, and Honey-Dew	²⁹ Chefs Salad, Whole-Wheat Breadstick, and Fruit Cup

Congregate Meals	Home Delivery Meals (Meals on Wheels)
<ul style="list-style-type: none"> To make or cancel a reservation at the congregare site please call 928-774-2606 by 2 pm the day before. 	<ul style="list-style-type: none"> To cancel a home delivered meal (MOW) for the day, please call 928-774-2606 before 9 am. Please DO NOT place reusable trays in microwave or oven. Food should be removed from tray prior to microwaving. However, aluminum trays are oven safe. Keep frozen meals in freezer until ready to consume. Frozen meals may be thawed overnight prior consumption and reheat to 165° F.

"Services are funded by the Older Americans Act, SSBG funds and the State of Arizona. Funding is allocated on a regional basis from the Arizona Department of Economic Security, Division of Aging and Adult Services (DAAS) to Area Agencies on Aging. Eligibility for programs: Seniors or adults with disabilities. Additional requirements may vary by program. Client contributions are encouraged and are vital for continuation of the programs. Language assistance and alternate forms of communication are available upon request. Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the Americans with Disabilities Act of 1990 (ADA) Section 504 of the rehabilitation Act of 1973 and the Age Discrimination Act of 1975, Area Agency on Aging NACOG prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age, and disability. Area Agency on Aging NACOG must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities."

THE SENIOR NUTRITION PROGRAM IS FUNDED IN PART BY COCONINO COUNTY, DES AND NACOG. MENU APPROVED BY LORRAINE CRIM, RDN.

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



20 Ways to Enjoy More Fruits & Vegetables

Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor and texture plus vitamins, minerals and dietary fiber. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Try the following tips to enjoy more fruits and vegetables every day.

1. Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.
2. Mix up a breakfast smoothie made with low-fat milk, and frozen fruit - try strawberries and banana, or mango with pineapple or peach.
3. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
4. Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.
5. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
6. Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.*
7. Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions or a quick nibble while waiting for dinner. Ready-to-eat favorites: red, green or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas or whole radishes.
8. Place colorful fruit where everyone can easily grab something for a snack-on-the-run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.
9. Get saucy with fruit. Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.
10. Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.
11. "Sandwich" in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumber and tomato as fillings. Add raw or cooked veggies to tacos on whole-grain corn tortillas and whole wheat wraps.
12. Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.
13. Top a baked potato with beans and salsa or broccoli and low-fat cheese.
14. Microwave a cup of vegetable soup as a snack or with a sandwich for lunch.
15. Add grated, shredded or chopped vegetables such as zucchini, spinach, eggplant and carrots to pasta dishes, casseroles, curries, soups, and stews.
16. Make fruit your dessert: Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.
17. Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.
18. Make your main dish a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame (fresh soybeans). Top with low-fat dressing.*
19. Fruit on the grill: Make kabobs with pineapple, peaches and banana. Grill on low heat until fruit is hot and slightly golden.
20. Dip: Whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in low-fat yogurt, or graham crackers in applesauce.



*See "Smart Tips to Build a Healthy Salad" at www.eatright.org/nutritiontipsheets for more tips on creating healthy salads.