November Menu

SALT LAKE COUNTY
AGING & ADULT SERVICES

Please make a donation at slco.org/aging-adult-services to help provide meals for seniors. Meals on Wheels menus may vary.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BIRTHDAY MEAL SALISBURY PATTY Whipped Potatoes Scandinavian Blend Vegt Birthday Cupcake 1	BREADED BAKED FISH Tartar Sauce Potato Wedges Mixed Vegetables Coleslaw 2	CHICKEN CACCIATORE Whole Grain Pasta Italian Blend Vegetables Spinach Romaine Salad Almond Cookie 3	BRAISED BEEF TIPS Barley Risotto Seasoned Carrots Lima Beans Seasonal Fruit 4
ROTISSERIE STYLE CHICKEN Rice Pilaf w/Mushrooms California Blend Vegetables Peaches Coconut Pudding 7	ITALIAN MEATSAUCE Spaghetti Pasta Herbed Carrots Spinach Romaine Salad Tropical Fruit 8	CHICKEN FAJITAS Bell Peppers & Onions Refried Beans Confetti Corn Whole Grain Tortilla 9	**VETERANS' DAY MEAL** MEATLOAF & GRAVY Whipped Potatoes Stewed Tomatoes Mandarin Oranges Holiday Cookie 10	**CENTERS CLOSED FOR VETERANS' DAY HOLIDAY** 11
BAKED CHICKEN Cordon Bleu Sauce Bowtie Pasta Cut Green Beans Seasoned Carrots Seasonal Fruit 14	TURKEY BURGER on a Bun Baked Beans Rosy Applesauce *-or-* **THANKSGIVING MEAL** 15	BREADED BAKED FISH Tartar Sauce Green Peas & Onions Garden Vegetable Salad Pears Cookies & Cream Pudding 16	BALSAMIC CHICKEN w/Mushroom Gravy Parslied Rice Broccoli Cuts & Florets Seasonal Fruit Molasses Cookie 17	TURKEY BURGER on a Bun Baked Beans Rosy Applesauce *-or-* **THANKSGIVING MEAL** 18
CHICKEN CHOP SUEY Steamed Brown Rice Spinach Mandarin Oranges Pineapple Nut Cookie 21	BAKED CHICKEN Chile Verde Sauce Brown Spanish Rice Pinto Beans Flour Tortilla Tropical Fruit Cup 22	BEEF POT ROAST & GRAVY Whole Grain Pasta Mixed Vegetables Spinach Romaine Salad Cardinal Applesauce Jello 23	**CENTERS CLOSED FOR THANKSGIVING HOLIDAY** 24	**CENTERS CLOSED FOR THANKSGIVING HOLIDAY** 25
BAKED CHICKEN Supreme Sauce Roasted Red Potatoes California Blend Vegetables Tropical Fruit Cinnamon Sugar Cookie 28	BREADED BAKED FISH Tartar Sauce Lemon Dill Rice Spinach Stewed Tomatoes Orange Peach Jello 29	ASIAN BEEF STIR FRY Orange Sauce Steamed Brown Rice Green Beans Almondine Pineapple 30	**THANKSGIVING MEAL** ROAST TURKEY WITH GRAVY Whipped Potatoes, Cut Green Beans Bread Stuffing, Sweet Potato Cuts Cranberry Sauce, Dinner Roll Pumpkin Pie & Whiped Topping	

Alternate meal for November: Soup and Sandwich
Week 1 – Cheesy Chicken Soup/Roast Beef Sandwich
Week 2 – Potato Soup/Turkey Sandwich
Week 3 – No alternate meals due to Holiday meals
Week 4 – Beef Hamburger Soup/Turkey Ham Sandwich
Week 5 – Chicken Rice Soup/Ham Sandwich

All meals served with 8 oz 1% milk and appropriate condiments

November is National Diabetes Awareness Month

It's especially important to make diabetes prevention a priority if you're at increased risk of diabetes, for example, if you're overweight or have a family history of the disease.

Diabetes prevention is as basic as eating more healthfully, becoming more physically active and losing a few extra pounds — and it's never too late to start. Making a few simple changes in your lifestyle now may help you avoid the serious health complications of diabetes down the road, such as nerve, kidney and heart damage.

Tip 1: Get more physical activity

There are many benefits to regular physical activity. Exercise can help you:

- Lose weight
- Lower your blood sugar
- Boost your sensitivity to insulin — which helps keep your blood sugar within a normal range

Research shows that both aerobic exercise and resistance training can help control diabetes, but the greater benefit comes from a fitness program that includes both.

Tip 2: Get plenty of fiber

It's rough, it's tough — and it may help you:

- Reduce your risk of diabetes by improving your blood sugar control
- Lower your risk of heart disease
- Promote weight loss by helping you feel full

Foods high in fiber include fruits, vegetables, beans, whole grains, nuts and seeds.

Tip 3: Go for whole grains

Although it's not clear why, whole grains may reduce your risk of diabetes and help maintain blood sugar levels. Try to make at least half your grains whole grains. Many foods made from whole grains come ready to eat, including various breads, pasta products and many cereals. Look for the word "whole" on the package and among the first few items in the ingredient list.

Information provided by the Mayo Clinic at mayoclinic.org

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