



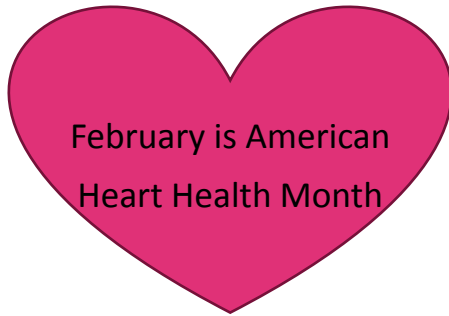
Please call the nutrition department for meal cancellations by  
10 am **two days** before delivery-508-584-1561.

Community Dining Menu

Suggested Donation-\$2.50/meal Menu subject to change without notice. SF=Sugar Free WG=Whole Grain

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Sloppy Joe (333) O'Brien Potatoes (31) Scandinavian Vegetable Blend (41) WW Hamburger Roll (230) Fresh Orange (0) <hr/> Calories:752 Sodium:773g Carb: 94g
<b>4</b> Hawaiian Chicken (451) Herbed Brown Rice (14) Italian Vegetable Blend (19) WW Dinner Roll (180) Strawberry Fruit Slush (0) MOD:StrwGrahams (95) <hr/> Calories:719 Sodium: 819mg Carb: 107g	<b>5</b> Chicken Meatballs w/Tomato Sauce (275) Served Over Penne Pasta (1) Green Beans (3) Parmesan Cheese (35) Italian Bread (380) Hot Cinnamon Peaches (64) <hr/> Calories:789 Sodium: 896mg Carb: 102g	<b>6</b> Swiss Cheese Omelette (296) Home Fries (62) Spinach (110) French Toast Sticks (300) SF Syrup (30) Fruited Yogurt (75) Orange Juice (0) <hr/> Calories:705 Sodium:903mg Carb: 90g	<b>7</b> Pot Roast w/Gravy (42) Cheese-Filled Gnocchi* (678) Brussel Sprouts (17) Multigrain Bread (150) Banana (1) <hr/> Calories:706 Sodium:1029mg Carb 91g	<b>8</b> WG Breaded Alaskan Pollock (190) WhippedSweetPot's (31) Jardiniere Veg.Blend (32) Tartar Sauce (130) Cracked Wheat Bread (150) Vanilla Pudding (220) MOD:CinnamonBites (71) <hr/> Calories:750 Sodium:890mg Carb: 109g
<b>11</b> Vegetarian Chili** (285) Beef Burgundy (100) Butternut Squash with Apples (4) Diced Beets (173) WW Dinner Roll (180) Fresh Apple (2) <hr/> Calories:817 Sodium: 882mg Carb: 108g	<b>12</b> Teriyaki Salmon Strips (304) Brown Rice w/Cilantro & Pineapple (6) Peppers & Onions (2) Oatmeal Bread (150) Lemon Square (105) MOD:LemonGrhms (95) <hr/> Calories:684 Sodium:705mg Carb 96g	<b>13</b> Macaroni & Cheese (366) Broccoli (12) Rye Bread (150) Hot Cinnamon Pears (64) <hr/> Calories:737 Sodium:730mg Carb: 119g	<b>14</b> General Tso's Chicken (464) Lo Mein Noodles (50) Asian Vegetable Blend (25) Fortune Cookie (5) Wheat Bread (115) Valentine Cupcake (170) MOD:Vanilla Bites (50) <hr/> Calories:843 Sodium:966mg Carb: 122g	<b>15</b> Homemade Meatloaf w/Gravy (133) Mashed Potatoes (135) Peas w/Pearl Onions (68) Multigrain Bread (150) Banana (1) <hr/> Calories:730 Sodium:624mg Carb: 87g
<b>18</b> No Meals Served Presidents' Day 	<b>19</b> WG Vegetable Lasagna Rolls Topped with Mozzarella Cheese & Tomato Sauce* (628) Green Beans (3) Wheat Bread (115) Hot Caramelized Apples (76) <hr/> Calories:685 Sodium: 960mg Carb 91g	<b>20</b> Roast Pork with Cranberry Glaze (96) Brown Rice with Orzo and Peas (46) Jardiniere Veg.Blend (32) Mini Cranberry-Orange Scone (83) Fruit Mix (10) <hr/> Calories:728 Sodium:404mg Carb: 80g	<b>21</b> Minestrone Soup** (330) Shepherd's Pie (175) Italian Vegetable Blend (19) Multigrain Bread (150) Fresh Pear (2) <hr/> Calories:770 Sodium:813mg Carb: 96g	<b>22</b> Baked Chicken with Valdostano Sauce (353) Whipped Sweet Potatoes (31) ScandinavianVeg.Blend (41) Garlic Roll (240) DoubleChocChipCk (164) MOD:LemonBlueBites (60) <hr/> Calories:771 Sodium:967mg Carb: 100g
<b>25</b> Beef, Rice, and Pepper Casserole (229) Zucchini (2) Croissant (280) Butterscotch Pudding (270) MOD:Lorna Doones (100) <hr/> Calories:796 Sodium:918mg Carb: 91g	<b>26</b> Chicken Scallopini (351) Butternut Squash Ravioli w/Brown Sugar & Sage Sauce (295) Broccoli (12) Wheat Bread (115) Fresh Apple (2) <hr/> Calories:759 Sodium:912mg Carb 104g	<b>27</b> Roast Turkey w/Gravy* (501) Stuffing Garnish (66) Mashed Potatoes (135) Peas & Carrots (75) Cranberry Sauce (4) WW Dinner Roll (180) Fresh Orange (0) <hr/> Calories:690 Sodium:1097mg Carb 95g	<b>28</b> Potato Crunch Fish (270) Mexicali Brown Rice (48) Asian Vegetable Blend (25) Tartar Sauce (130) Cracked Wheat Bread (150) Brownie (100) MOD:CinnamonBites (71) <hr/> Calories:856 Sodium:861 mg Carb: 93g	

\*\*community dining only unless available for home delivered meals ❖high sodium meal day \*food item with >500mg/sodium



February is American  
Heart Health Month

## 10 Nutrition Tips for Heart Health

The American Heart Association encourages all Americans to make good nutrition choices to help decrease one's risk of heart disease and stroke. Focus on the below tips to help improve your nutrition habits for heart health.

- 1. Include a wide variety fruits and vegetables daily**-Aim for 3-5 servings each day of fruits and vegetables.
- 2. Choose whole grains in place of processed/refined grains**-Look for 100% whole wheat breads *without* added high fructose corn syrup.
- 3. Consume a serving of nuts or seeds daily**-Grab a handful of almonds or walnuts for a snack.
- 4. Choose fish, skinless poultry, and plant-protein sources in place of red meat**-Aim to eat fish, such as herring or salmon (high in omega-3 fatty acids), at least twice/week. Limit red meat to 3 times/month and trim all visible fat.
- 5. Consume low-fat dairy daily**-Aim for 3 servings/day.
- 6. Choose fats lower in saturated fat**-Instead of using vegetable oil or butter when cooking, use extra-virgin olive oil or canola oil.
- 7. Limit salt added to foods and in food**-Choose foods that have been minimally processed to limit extra salt. Avoid using a salt shaker. Flavor meals with herbs and seasonings instead of salt.
- 8. Reduce consumption of sweets and added sugar**-Look at the ingredient label on food products; avoid foods with added sugar in the label such as: sugar, high fructose corn syrup, and corn syrup.
- 9. Avoid trans fats and partially hydrogenated oils**-Read labels and investigate for any potential sources of trans and saturated fats (ex. donuts, cakes, cookies).
- 10. Maintain a healthy weight**-Aim for a BMI (Body Mass Index) between 18.6-24.9. Not sure how to calculate this? Visit: [https://www.nhlbi.nih.gov/health/educational/lose\\_wt/BMI/bmi-m.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmi-m.htm). Remember...exercising for at least 30 minutes a day can help manage your weight.

## Quinoa With Veggies

### Ingredients

- 1 cup dry quinoa
- 1-28oz can plum tomatoes -coarsely chopped; or try stewed tomatoes
- 1 squash, any variety, such as zucchini, summer squash, or Yukon Gold -sliced in ¼" slices
- ½ onion- coarsely diced
- 2-3 cloves garlic-minced or diced
- 1-2 Tbsp. olive oil
- Pepper-1 tsp or more to taste
- Dry basil and oregano-1 Tbsp each (or more to taste)
- Green leafy vegetable-1 bunch, such as spinach, Swiss chard, or kale, rinsed, and torn into bite-sized pieces.
- 2-3 Tbsp. grated cheese-any variety

### Directions

Preheat oven to 375°

Cook 1 cup dry quinoa according to package directions and set aside once cooked.

Warm 1-2 Tbsp. olive oil in pan over medium-high heat; once the oil begins to smoke a little, add the onion and garlic and decrease heat to medium. Stir often until soft. Once the garlic and onion are softened, add the squash and stir until soft. Add the plum tomatoes, pepper, basil and oregano to the mixture. Bring to a boil, then decrease heat back to medium and cook for about 5 minutes. Add the green leafy vegetable. Bring to a boil, then simmer until the greens wilt. In a bowl, mix together grated cheese, cooked quinoa and cooked vegetable/leafy green/squash mixture. Place in a pie dish. Pat down mixture to fit. Place in oven at 375° and cook for 10 minutes or until cheese has melted.