

PRINCE GEORGE'S COUNTY SENIOR NUTRITION PROGRAM

DECEMBER 2016

Greenbelt Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			12/01/16 CHICKEN NOODLE SOUP W/CRACKERS MEATBALL SUB MIXED GREEN SALAD W/ITALIAN DRESSING FRESH FRUIT APPLE JUICE SKIM MILK	12/02/16 STUFFED SALMON W/LEMON BUTTER SAUCE RICE FLORENTINE PARSLIED CARROTS WHEAT BREAD W/MARG FLUFFY FRUIT SALAD ORANGE JUICE SKIM MILK
12/05/16 CHICKEN W/ALFREDO SAUCE BROCCOLI BUTTERED PASTA TEXAS TOAST W/MARG SLICED PEARS APPLE JUICE SKIM MILK	12/06/16 PORK ROAST W/GRAVY MASHED SPICED YAMS CALIFORNIA VEGETABLES WHEAT ROLL W/MARG APPLESAUCE CRANBERRY JUICE SKIM MILK	12/07/16 CALIFORNIA VEGETABLE SOUP W/CRACKERS HOT ROAST BEEF SANDWICH MIXED GREEN SALAD W/BALSAMIC VINAIGRETTE FRESH FRUIT CRANBERRY JUICE SKIM MILK	12/08/16 BAKED SWAI W/OLD BAY CREAM SAUCE BLACKEYED PEAS GLAZED BABY CARROTS CORNBREAD W/MARG TROPICAL FRUIT APPLE JUICE SKIM MILK	12/09/16 BEEF SPAGHETTI SAUCE WHOLE GRAIN SPAGHETTI GREEN BEANS BREADSTICK SLICED PEARS CRANBERRY JUICE SKIM MILK
12/12/16 PEPPER BEEF STEAK CRISPY CUBED POTATOES CABBAGE DINNER ROLL W/MARG SLICED APPLES GRAPE JUICE SKIM MILK	12/13/16 RED & GOLD GALA ALL SITES CLOSED	12/14/16 BREADED POLLOCK DELMONICO POTATOES SPINACH WHEAT HAMBURGER BUN TARTAR SAUCE FRESH FRUIT ORANGE JUICE SKIM MILK	12/15/16 BAKED POTATO DICED CHICKEN & SHREDDED CHEESE SOUR CREAM & MARG MIXED GREEN SALAD W/1000 ISLAND DRESSING CRACKERS FRESH FRUIT PINEAPPLE JUICE & MILK	12/16/16 TURKEY BROCCOLI & RICE CASSEROLE LIMA BEANS SLICED CARROTS WHEAT BREAD W/MARG PINEAPPLE TIDBITS APPLE JUICE SKIM MILK
12/19/16 SALSA CHICKEN CILANTRO LIME RICE BRUSSELS SPROUTS WHEAT ROLL W/MARG SLICED PEACHES APPLE JUICE SKIM MILK	12/20/16 COUNTRY FRIED STEAK W/COUNTRY GRAVY WHIPPED POTATOES SLICED CARROTS WHEAT BREAD W/MARG TROPICAL FRUIT GRAPE JUICE SKIM MILK	12/21/16 BBQ PORK RIB PATTY BAKED BEANS ROSY PEARS COLESLAW WHEAT HAMBURGER BUN ORANGE JUICE SKIM MILK	12/22/16 CREAMY PAPRIKA CHICKEN GARLIC ROTINI RATATOUILLE WHEAT BREAD W/MARG SPICED APPLES CRANBERRY JUICE SKIM MILK	12/23/16 ALL SITES CLOSED HOMEBOUND MEALS AT CAMP SPRINGS

MONDAY	12/26/16	TUESDAY	12/27/16	WEDNESDAY	12/28/16	THURSDAY	12/29/16	FRIDAY	12/30/16
ALL SITES CLOSED 		BAKED SWAI W/LEMON BUTTER SAUCE WHIPPED POTATOES HERBED GREEN BEANS WHEAT ROLL W/MARG TROPICAL FRUIT APPLE JUICE SKIM MILK	STUFFED SHELLS W/MEAT SAUCE KALE APPLE FRUIT TREAT WHEAT HAMBURGER BUN GRAPE JUICE SKIM MILK	TURKEY BURGER GREEN PEAS SLICED CARROTS WHEAT HAMBURGER BUN KETCHUP & MUSTARD CITRUS FRUIT CUP APPLE JUICE SKIM MILK	GLAZED TURKEY HAM BLACK EYED PEAS CABBAGE CORNBREAD W/MARG FRUITED CHERRY JELLO APPLE JUICE SKIM MILK				

Hydration: Why is it so important?

It is important to stay hydrated at any age. However, as you age, you may lose some of your sense of thirst and some medications increase your fluid needs. Staying hydrated keeps our bodies functioning properly. Water helps with digestion and absorption of nutrients from the foods you eat and gets rid of unused waste. In addition to water that comes from the tap, water is also found in foods you eat like soup and jello.



Here are some tips to help you stay hydrated:

1. There are many foods and beverages that keep you hydrated: try low-fat or fat-free milk, 100% juice, tea, coffee, or jello!
2. If you're not a big water drinker, take sips of liquids between bites during meals. This will also help you slow down your eating and you will know when you are full quicker!
3. Drink an entire glass of water when you take your medication instead of just a sip.
4. Have soup as a snack on a chilly day!
5. Don't wait until you get thirsty to drink water. Make it a part of your everyday life.