

August



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Stuffed Cabbage Garlic Mashed Potato Carrots Garden Salad Peaches Bread	4 Meatloaf w/Gravy Oven Browned Potatoes Salad Mexican Corn Fruit Salad Dinner Roll	5 Ham Low Sodium Scalloped Potatoes Capri Blend Vegetable Tapioca Pudding Bread	6 Chicken Cutlet w/Gravy Roasted Potatoes Mixed Vegetables Apple Dinner Roll	7 Tuna Pasta Salad Shredded Lettuce Pickled Beets Orange Mini Muffin
10 Sweet & Sour Chicken Brown Rice Oriental Vegetable Cole Slaw Apricots/Dinner Roll	11 Bratwurst German Potato Salad Sauerkraut Apple Bun	12 Spaghetti w/Meatballs Broccoli Cuts Garden Salad Pear Halves Bread	13 Ham Salad Garden Salad Pickled Beets Sliced Pineapple Croissant	14 Herb Baked Chicken Mashed Potatoes Asparagus Cabbage Slaw Cinnamon Apples/Bread
17 Smothered Pork Cutlet Sweet Potatoes Carrots Fresh Fruit Cup Whole Wheat Bread	18 Chicken Lasagna Green Beans Beet Salad Apricots Dinner Roll	19 Turkey w/Gravy Garlic Mashed Potatoes Peas Garden Salad Pear Dinner Roll	20 Mostaccioli w/Meat Italian Blend Vegetable Cabbage Slaw Grapes Wheat Bread	21 Baked Cod Rosemary Potatoes Broccoli Cuts Apricots Wheat Bread
24 Macaroni & Cheese Baby Beets Vegetable Slaw Sliced Peaches Corn Muffin	25 Stuffed Green Pepper Mashed Potatoes Garden Salad Tropical Fruit Salad Wheat Bread	26 Ham Low Sodium Au Gratin Potatoes Broccoli Cuts Orange Dinner Roll	27 Pork Chop Creole Roasted Potatoes Brussels Sprouts Applesauce Whole Wheat Bread	28 Swedish Meatballs Mashed Potatoes Scandinavian Blend Blushing Pear Halves Dinner Roll
31 Vegetable Lasagna Green Beans Vegetable Slaw Apple Wheat Bread				

MEALS ON WHEELS FRIENDLY REMINDER:

- Keep pets restrained during meal delivery.
- Please call in advance to cancel a meal delivery **248-608-0264**.
- Must be home to receive your meal ... meals can't be left.

OPC | 650 Letica Drive | Rochester, MI | 48307 248.656.1403

The Senior Nutrition Program of AgeWays is funded in part by the Federal Older Americans Act and the Michigan Department of Health & Human Services (MDHHS)/Aging and Adult Services Agency (AASA) and complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended, and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer program. Reasonable accommodations will be provided upon notification or request. Contact information: www.AgeWays.org • 1.800.852.7795

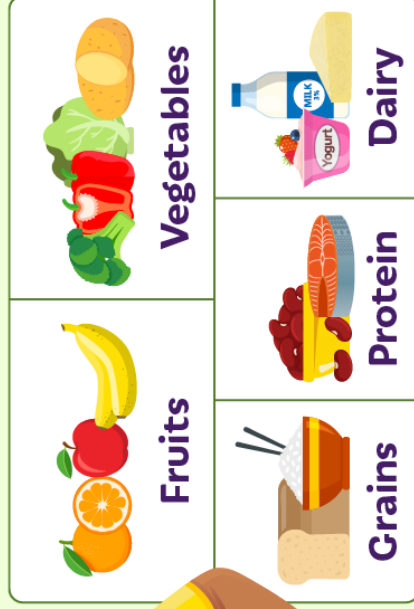
- - - Meals are subject to change based on availability - - -

5 Tips for Choosing Healthier Foods as You Age

Follow these tips to help you maintain a healthy weight, get needed nutrients, and lower your risk of developing certain diseases.



Eat a variety of foods each day.

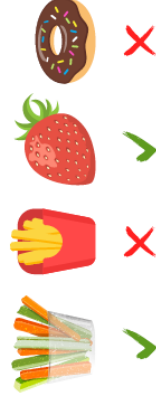


Keep a food diary to track what you eat.



Read food labels to learn what's in your food.

Choose foods that don't have a lot of sugar, saturated fats, and sodium.



Be aware of how many calories you need per day.

Women 60+		Men 60+	
Physical activity	Calories	Physical activity	Calories
Not active	1,600	Not active	2,000-2,200
Moderately active	1,800	Moderately active	2,200-2,400
Very active	2,000-2,200	Very active	2,400-2,600

Learn more about healthy eating as you age at www.nia.nih.gov/healthy-eating.