

GRAY GOURMET - SENIOR DINING MENU – AUGUST, 2010

SUGGESTED DONATION \$3.00 PER MEAL - PERSONS UNDER 60: \$6.50 FEE

LUNCH SERVED 12:00 NOON

RESERVATIONS & CANCELLATIONS REQUIRED AT LEAST A DAY IN ADVANCE

243-9844 EXT#1

OFFICE HOURS 8:00 A.M. - 4:30 P.M.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 CHICKEN PATTY SANDWICH CALIFORNIA BLEND VEGETABLES FRUITED COTTAGE CHEESE</p> <p>CAL:687 CAR:78 PRO:38 CHO:81 FAT:26 SOD:1309</p>	<p>3 MAC. & CHEESE W/TURKEY HAM ITALIAN VEG. STRAWBERRY GELATIN MOLD</p> <p>CAL:633 CAR:74 PRO:36 CHO:76 FAT:22 SOD:1396</p>	<p>4 ROAST BEEF MASHED POTATOES GRAVY LAYERED SALAD CITRUS FRUIT MIX</p> <p>CAL:645 CAR:70 PRO:42 CHO:105 FAT:21 SOD:865</p>	<p>5 SPINACH CHEESE SQUARES CAULIFLOWER TOSSED SALAD APPLESAUCE</p> <p>CAL:636 CAR:65 PRO:34 CHO:93 FAT:28 SOD:916</p>	<p>6 GARDEN VEG. CHILI CHEESE STICKS MELON CRACKERS</p> <p>CAL:539 CAR:57 PRO:31 CHO:43 FAT:22 SOD:918</p>
<p>9 CRUNCHY TURKEY HOT DISH RICE STIR FRY VEG. PINEAPPLE SLICES</p> <p>CAL:671 CAR:87 PRO:36 CHO:59 FAT:21 SOD:1034</p>	<p>10 BBQ PORK RIB AU GRATIN POT. CALICO COLESLAW PLUMS</p> <p>CAL:622 CAR:176 PRO:26 CHO:44 FAT:20 SOD:812</p>	<p>11 HERB GRILLED CHICKEN NOODLES ROMANOFF MAR. GRN. BEANS TROPICAL FRUIT</p> <p>CAL:685 CAR:69 PRO:47 CHO:98 FAT:24 SOD:812</p>	<p>12 CHILI RELLENO SPANISH RICE TOSSED SALAD PEARS</p> <p>CAL:780 CAR:96 PRO:31 CHO:72 FAT:30 SOD:1509</p>	<p>13 MEAT LOAF BAKED POTATO BEEF GRAVY PEAS & ONIONS FRUIT SALAD</p> <p>CAL:741 CAR:76 PRO:49 CHO:114 FAT:27 SOD:739</p>
<p>16 POLISH SAUSAGE ON A HOTDOG BUN BAKED BEANS SAUERKRAUT AMBROSIA</p> <p>CAL:762 CAR:98 PRO:32 CHO:66 FAT:27 SOD:1467</p>	<p>17 CHICKEN CORDON BLEU W/SAUCE RICE PILAF RAINBOW SALAD APRICOTS</p> <p>CAL:248 CAR:88 PRO:35 CHO:69 FAT:28 SOD:1313</p>	<p>18 TURKEY TETRAZZINI HARVARD BEETS TOMATO SLICES PEARS</p> <p>CAL:135 CAR:86 PRO:38 CHO:64 FAT:15 SOD:916</p>	<p>19 CHICKEN FRIED STEAK MASHED POTATOES PEPPER GRAVY SPINACH FRUIT COCKTAIL DELUXE</p> <p>CAL:657 CAR:80 PRO:31 CHO:74 FAT:25 SOD:749</p>	<p>20 PORK ROAST MASHED POTATOES PORK GRAVY CARROTS ANGELFOOD CAKE W/STRAWBERRIES</p> <p>CAL:780 CAR:116 PRO:38 CHO:70 FAT:20 SOD:1150</p>
<p>23 SPAGHETTI & MEATBALLS GREEN BEANS TOSSED SALAD APRICOTS</p> <p>CAL:593 CAR:86 PRO:29 CHO:59 FAT:16 SOD:1039</p>	<p>24 CORN CHOWDER EGG SALAD SANDWICH TOMATO WEDGES CHOCOLATE PUDDING</p> <p>CAL:146 CAR:104 PRO:26 CHO:217 FAT:16 SOD:1298</p>	<p>25 CHICKEN FAJITA W/SALSA CHUCKWAGON CORN ORANGE YOGURT GELATIN MOLD</p> <p>CAL:732 CAR:103 PRO:37 CHO:55 FAT:22 SOD:1291</p>	<p>26 BEEF CUBES W/GRAVY MASHED POTATOES BROCCOLI WALDORF SALAD</p> <p>CAL:618 CAR:62 PRO:41 CHO:91 FAT:23 SOD:801</p>	<p>27 SLICED TURKEY W/GRAVY YAM/APPLE BAKE VEGETABLE MOLD PEACHES</p> <p>CAL:695 CAR:106 PRO:42 CHO:85 FAT:13 SOD:819</p>
<p>30 BEEF & BARLEY SOUP TOSSED SALAD ORANGE WEDGES CHEESE BISCUIT</p> <p>CAL:593 CAR:72 PRO:36 CHO:79 FAT:18 SOD:692</p>	<p>31 HAMBURGER W/ONION, LETTUCE TOMATO SLICES POTATO SALAD MELON</p> <p>CAL:647 CAR:69 PRO:35 CHO:163 FAT:26 SOD:1061</p>	 <p style="text-align: center;">GARDENING TIME</p>		 <p>For information about transportation to the Senior Recreation Center contact our secretary Sheli @ 243-9844 Ext. 4</p>

Information is provided for each standard meal. The weekly average of cholesterol, fat and sodium meet the American Heart Association guidelines. Participants who need a reduced carbohydrate meal, i.e. diabetics, will receive 80 grams of carbohydrates or less. Requesting smaller portions and/or omitting sweets are ways to further reduce carbohydrates. Please call the Registered Dietitian at 243-9844 with any nutrition-related questions.

KEY: CAL = # of calories; PRO = grams of protein; FAT = grams of fat; CAR = grams of carbohydrates; CHO = milligrams of cholesterol; SOD = milligrams of sodium.

Visit us on the web at www.stmarygj.org and search "Senior Services"

AUGUST IS NATIONAL IMMUNIZATION AWARENESS MONTH

Immunizations May Prevent Infections in Older Adults

Vaccines may provide added immunity and better health for seniors. Are you up to date on the latest recommendations? Here are some reasons why an older adult needs vaccinations:

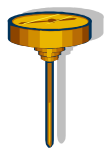
- Older adults may not have received immunizations in younger years.
- Some newer vaccines may not have been available to them when they were children.
- Boosters may be recommended for immunity that fades over the years.
- Seniors may be at increased risk for serious illness or even death resulting from certain common infections.

Before Receiving Any Vaccination

- Always consult your healthcare provider first. Your doctor should be aware of your health history and can advise you regarding your specific immunization needs.
- Evaluate the pros and cons for your own situation.
- Report allergies and sensitivities to foods, medications, herbals, vitamins, tapes, latex, or other allergens before receiving any vaccine.
- Provide records of previous vaccinations and your past medical history.
- Check your insurance company regarding cost coverage.
- Some community outreach programs may offer low-cost or free vaccines and may offer extended hours.
- Find out the availability of vaccines in your area. During shortages, people who are at highest risk for infection are given priority.

Information provided by Colorado Department of Human Services

August Food Safety Tip – Various kinds of Food Thermometers



Last month we talked about the importance of using a food thermometer when grilling or cooking your food. Use a food thermometer to make sure foods have been properly cooked to a safe internal temperature. There are several types of thermometers available:

Dial oven –safe: This thermometer is inserted into the food at the beginning of the cooking time and remains in the food throughout cooking. By checking the thermometer as the food cooks, you will know exactly when thick cuts of meat such as roast or turkeys are cooked at a safe temperature.

Dial instant – read: This thermometer is not designed to stay in the food during cooking. When you think the food is cooked to the safe temperature, you insert thermometer into the thickest part of the food. Insert to the point marked on the probe which is usually a depth of 2 inches. This type of thermometer can be used with thin food such as chicken breasts or hamburger patty.

Digital instant – read: This type of thermometer does not stay in the food during cooking. The advantage to this type of thermometer is that the heat-sensing device is in the tip of the probe. Place the tip of the probe in the center of the thickest part of the food at least ½ inch deep then allow 10 seconds for the temperature to be accurately displayed.

Information provided by USDA & Food Safety Inspection Service

THANK YOU FOR YOUR DONATIONS TO GRAY GOURMET!

LINDA COOK, ROSE GUILLEN, JEANIE MORRIS, FRUITA THRIFT SHOP AND DAVID JOHNSON

WE APPRECIATE YOU!!

Customer Service Procedure: If any person has a concern or wishes to express dissatisfaction with services provided by Gray Gourmet, they may call the Project Supervisor at 243-9844 ext.3, or the local Area Agency Aging at 248-2717, or the State Unit on Aging at 1-303-866-2800.