

# Menu

Johnson County Area Agency on Aging Nutrition Program

Congregate and Home - Delivered Meal Program

SENIOR NEIGHBORHOOD CENTERS Donations: 11811 S Sunset Ste 1300 Olathe KS 66061 Home-Delivered Meal Coordinator • (913)715-8896


DeSoto: 585-1762 Gardner: 856-3471 Lenexa: 888-6141 Merriam/Shawnee: 677-2048 Overland Park: 648-2949 Spring Hill: 592-3180

HOME DELIVERED DISTRIBUTION SITE ONLY : Blue Valley: 980-3633 Olathe: 715-8898

In the event of bad weather listen to KCMO-AM 710, KMBZ-AM 980, KCMO-FM 94.9, or KLTH-FM 99.7 or television stations WDAF TV- 4, KCTV-5, KMBC TV- 9, KSHB TV-41 for Neighborhood Center closings and cancellation of home-delivered meals.

FEBRUARY 2019

**\*MEALS WILL NOT BE LEFT IN CONTAINERS OR IF THE RECIPIENT IS NOT HOME\***

MONDAY		TUESDAY		WEDNESDAY	THURSDAY	FRIDAY
February	Calories Weekly Average	Carbohydrates Weekly Average	Sodium Weekly Average	<b>Menu A - Meals On Wheels</b> <b>** Menu B - Senior Centers Only **</b>		
Week 1	703	99.0	890	<b>Suggested meal donation • \$3.00</b>  This meal is high in sodium See back of menu for nutrition information.		
Week 2	737	95.7	896			
Week 3	700	90.8	791			
Week 4	700	94.9	850			
Daily Standard		100 grams	800-1000 mg			
Targeted Daily	650-750					
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>		
<b>A:</b> Hungarian Goulash <b>B:</b> Turkey Ham & Beans Italian Vegetable Blend Braised Cabbage Wheat Roll Mandarin Oranges	<b>A:</b> Creamy Paprika Chicken Breast <b>B:</b> Beef Burgundy Brown Rice Glazed Carrots Multi Grain Bread Oatmeal Raisin Cookie	<b>A:</b> Beef Pot Roast w/Gravy <b>B:</b> Balsamic Brown Sugar Chicken Thigh Roasted Potatoes Harvard Beets Wheat Bread Cherry Gelatin *Diet - Fruited Gelatin	<b>A:</b> Chicken & Dumplings <b>B:</b> Green Pepper Casserole Brussels Sprouts Mixed Vegetables Pumpernickel Roll Peaches	<b>A:</b> Spinach Lasagna <b>B:</b> Cheesy Beef Ziti Green Beans Mixed Green Salad Wheat Breadstick Scalloped Apples		
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>		
<b>A:</b> Country Fried Steak with Gravy <b>B:</b> Honey Dijon Chicken Thigh Garlic Parmesan Potatoes Broccoli & Cauliflower Multi Grain Bread Fresh Seasonal Fruit	<b>A:</b> Meatballs w/Marinara Sauce <b>B:</b> Polish Sausage w/Sauerkraut Green Beans Roasted Potatoes Hot Dog Bun Cherry Applesauce *Diet-Applesauce	<b>Birthday Day!</b> <b>A:</b> Oven Fried Chicken Leg Quarter <b>B:</b> Roast Beef with Gravy Whipped Potatoes with Gravy Creamed Peas Wheat Roll Brownie and Sherbet *Diet-Brownie and Ice Cream	<b>A:</b> Turkey Ham & Beans <b>B:</b> Stuffed Cabbage Casserole Mixed Vegetables Sautéed Spinach Cornbread Muffin Ranger Cookie *Diet - Vanilla Wafers	<b>A:</b> Lemon Pepper Fish <b>B:</b> Pecan Crusted Chicken Breast Brown Rice Stewed Tomatoes Wheat Roll Peaches		
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>		
<b>A:</b> Creamy Pesto Chicken Breast <b>B:</b> Roast Beef with Brown Gravy Whipped Potatoes Harvard Beets Multi Grain Bread Strawberry Shortcake Cookie *Diet - Vanilla Wafers	<b>A:</b> Beef Chili with Beans <b>B:</b> Chicken & Sausage Cajun Pasta Green Peas Baby Carrots Cinnamon Roll Tropical Fruit	<b>A:</b> Florida Glazed Chicken Thigh <b>B:</b> Beef Jardine Garlic Parmesan Potatoes Broccoli & Cauliflower Wheat Roll Fresh Banana	<b>A:</b> Beef Spaghetti <b>B:</b> Chicken Parmesan Patty Mixed Green Salad Green Beans Wheat Breadstick Diet Blueberry Crisp	<b>A:</b> Battered Pollock <b>B:</b> Dijon Herb Pork Loin Scalloped Potatoes Brussels Sprouts Cornbread Muffin Applesauce		
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>			
<b>A:</b> Sliced Turkey w/Brown Gravy <b>B:</b> Liver and Onions Whipped Potatoes Green Beans Wheat Roll Lemon Fruited Gelatin *Diet - Fruited Gelatin	<b>A:</b> Fajita Chicken Strips <b>B:</b> Pork Carnitas Black Beans and Rice Cilantro Lime Corn Flour Tortilla Peaches	<b>A:</b> Cranberry Orange Chicken Thigh <b>B:</b> Mushroom Chopped Steak Whipped Potatoes Marinated Carrots Wheat Bread Diet Cherry Crisp	<b>A:</b> Beef & Broccoli <b>B:</b> Chicken Ratatouille Brown Rice Green Peas Multi Grain Bread Pineapple with Cottage Cheese			



# FEBRUARY BREAKFAST



<b>Tuesday – 2/15</b> Grape Juice Oatmeal Applesauce Pancakes w/ Syrup Turkey Sausage Patty	<b>Wednesday – 2/16</b> Apple Juice Honey Nut Scooters Cheese Omelet Wheat Sandwich Thin Fresh Seasonal Fruit	<b>Thursday – 2/17</b> Cranberry Juice Bran Flakes Tropical Fruit Bagel w/ Cream Cheese
<b>Tuesday – 2/12</b> Orange Juice Crispy Rice Cereal Bagel w/ Cream Cheese Hard Boiled Egg Raisins	<b>Wednesday – 2/13</b> Apple Juice Granola Cereal Turkey Sausage Biscuit Fresh Seasonal Fruit	<b>Thursday – 2/14</b> Cranberry Juice Bran Flakes Pineapple Tidbits Fruited Yogurt Bran Zucchini Muffin
<b>Tuesday – 2/19</b> Orange Juice Cinnamon Squares Cereal Raisins Blueberry Muffin Cottage Cheese w/ Peaches	<b>Wednesday – 2/20</b> Grape Juice Raisin Bran Cereal Turkey Ham Biscuit w/ Swiss Cheese Fresh Seasonal Fruit	<b>Thursday – 2/21</b> Apple Juice Oatmeal Fruited Yogurt Breakfast Round Tropical Fruit
<b>Tuesday – 2/26</b> Apple Juice Toasty O's Fresh Seasonal Fruit Chicken Biscuit w/ Sliced Cheese	<b>Wednesday – 2/27</b> Orange Juice Bran Flakes French Toast Sticks w/ Syrup Turkey Sausage Link (2) Applesauce	<b>Thursday – 2/28</b> Grape Juice Oatmeal Mandarin Oranges Wheat Sandwich Thin Egg Patty w/ Sliced Cheese Cherry Muffin

**GOT BREAKFAST?**  
Give us a call at (913) 715-8896 if you would like to add Breakfast to your lunch delivery. We offer Breakfast on Tuesday, Wednesday, and Thursdays.

## Smart Food Choices for Healthy Aging

If you and your healthcare provider are worried about weight gain, you should choose nutrient-dense foods. These foods give you lots of nutrients without a lot of extra calories.

On the other hand, foods that are high in calories for the amount of food are called calorie dense. They may or may not have nutrients. High-calorie foods with little nutritional value, like potato chips, sugar-sweetened drinks, candy, baked goods, and alcoholic beverages, are sometimes called “empty calories.”

Can choosing a nutrient-dense food instead of a calorie-dense food really make a difference? Here are some examples of nutrient-dense choices side by side with similar foods that are not nutrient-dense, have more calories, or both.

	Hamburger patty, 4oz. precooked, extra lean ground beef <b>167 calories</b>
<b>OR</b>	
	Hamburger patty, 4oz. precooked, regular ground beef <b>235 calories</b>
	Large apple, 8 oz. <b>110 calories</b>
<b>OR</b>	
	Apple pie, eighth of a 2-crust 9”pie <b>356 calories</b>
	Two slices of 100% whole-wheat bread, 1oz. each <b>138 calories</b>
<b>OR</b>	
	Medium croissant, 2 oz. <b>231 calories</b>
	Roasted chicken breast, skinless (3oz.) <b>141 calories</b>
<b>OR</b>	
	Fried chicken wings with skin and batter, (3oz.) <b>479 calories</b>

<https://www.nia.nih.gov/health/smart-food-choices-healthy-aging>

## Seasons of Eating-Winter

Your heart-healthy recipes will taste even better with seasonal produce.

**Winter-bok choy, broccoli, cauliflower, celery, citrus fruit (clementines, grapefruit, lemons, limes, oranges, tangerines), collard greens, endive, leafy greens (collards, kale, mustard greens, spinach), and root vegetables (beets, turnips)**

**Year round-cabbage, carrots, garlic, onions, mushrooms**



<https://www.heart.org/en/healthy-living/healthy-eating/add-color/seasons-of-eating-infographic>

Hearty Humor by Jonny Hawkins



“There were side effects from the balloon heart surgery.”



Y R A U R B E F T M C D S W  
W F R J G B V C R L Q K O D C  
O Y R G U H L A I E O C A R U  
R E M I I C E C N O K W B A P  
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M B E R K D A S H E A R T I X  
F W G T V O K W X G P L S H G  
S J N M F D M S D V K J E Z G  
V A L E N T I N E A W E H M F  
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Y L N W Q J Y I G V B O A M J

ARROW      FLOWERS      LOVE  
CARDS      FRIENDS      RED  
CUPID      HEART      SWEETHEART  
FEBRUARY      HUG      VALENTINE