



October 2017



Nutritional Facts About Pumpkin

Pumpkin is loaded with an important antioxidant, beta-carotene. This carotenoid is converted to Vitamin A in the body. Vitamin A helps keep your eyes healthy. Pumpkin is low in fat and calories and is high in potassium. It is also a good source of Vitamin C and other nutrients, such as Niacin and Vitamin E.

1 Cup cooked plain pumpkin has:



- Calories: 49
- Protein: 2 grams
- Dietary Fiber: 3 grams
- Potassium: 564 mg
- Carbohydrate: 12 grams
- Vitamin C: 12 mg
- Vitamin A: 2650 IU



**ALL MEALS ARE SERVED WITH
 1% MILK**

**WE DO NOT USE ANY TRANS FAT
 PRODUCTS IN OUR FOODS.**

Partial funding provided by SM County Aging & Adult Services, Sequoia Healthcare District & Peninsula Health Care District.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sliced Pork with Apple Sauce Baked Sweet Potatoes Braised Cabbage Whole Wheat Bread (1) Apple	3 Lentil Stew with Turkey Sausage Steamed Spinach Corn Bread Orange Juice Banana	4 Beef Stroganoff <i>over</i> Egg Noodles Succotash w/ Red Pepper Carrots & Cauliflower Whole Wheat Bread (1) Pears	5 Hulled Barley Salad Oven Fried Chicken Breast Baked Beans French Green Beans w/ Almonds Orange	6 Whole Wheat Spaghetti with Meatballs (3) Zucchini Squash Peaches Orange Juice
9 Hungarian Goulash Beets Summer Squash Whole Wheat Bread (1) Orange	10 Tomato, Cucumber & Parsley Salad Corn Meal Breaded Fish Red Potatoes Steamed Spinach Whole Wheat Bread (1)	11 Carrot Salad Chicken Teriyaki (Thigh) Brown Rice Brussels Sprouts Mandarin Orange Slices	12 Turkey Loaf w/ Gravy Mashed Potatoes Yellow & Green Squash Whole Wheat Bread (1) Peaches	13 Green Salad w/ Kidney Bns Cheese Baked Ziti Broccoli Whole Wheat Bread (1) Apricots
16 Chicken Fajitas Corn w/ Red Pepper Pinto Beans Corn Tortilla Mixed Fruit	17 Beef & Broccoli Stir Fry <i>over</i> Steamed Brown Rice Glazed Carrots w/ Ginger Red Pepper, Baby Corn, Green Beans & Water Chestnuts Mandarin Orange Slices	18 Green Salad w/ Ceci Beans Stuffed Bell Pepper w/ Barley and Ground Turkey Cauliflower Whole Wheat Bread (1) Pears	19 Diced Tomatoes w/ Parsley Tuna Noodle Casserole Cauliflower Carrots & Peas Whole Wheat Bread (1) Apple	20 Carrot Salad Roast Pork Loin w/ Honey-Balsamic Glaze Brussels Sprouts Whole Wheat Couscous Banana
23 Hamburger with Cheese, Lettuce & Tomato & W/W/ Bun Roasted Red Potatoes Succotash w/ Red Pepper Cantaloupe Cup	24 Turkey Shepherd's Pie Carrots Broccoli Whole Wheat Bread (1) Banana	25 Asian Cabbage Salad Pineapple Pork Steamed Brown Rice Peas & Carrots Mandarin Orange Slices	26 Pot Roast w/ Gravy Mashed Potatoes Zucchini, Onions & Tomatoes Whole Wheat Bread (1) Apple	27 Chicken Pot Pie Carrots Steamed Spinach Whole Wheat Bread (1) Orange Juice
30 Lemon Chicken Breast with Herbs Parslied Potatoes Green Beans w/ Almonds Whole Wheat Bread (1) Orange	31 Lettuce & Tomato Breaded White Fish on W/W Bun with Tartar Sauce Mashed Sweet Potatoes Corn Pears		<i>Happy Birthday to All of You Who Are Celebrating Your Birthday This Month!</i> 	<i>Meal Delivery Hours: Monday - Friday 9:30 AM - 1:30 PM</i>

Please give us 24 hours notice to cancel, or call us with any questions at (650) 323-2022.