

Sodium & Potassium



Sodium and potassium are essential for health and are needed for several body functions. Sodium (salt) is needed for transmitting nerve impulses and regulating blood pressure. Potassium is needed for normal electrical activity of the heart. Too much sodium may contribute to high blood pressure. Sodium or salt-sensitive people may see an increase in their blood pressure and/or retain fluid when they eat too much salt. Potassium may help to lower blood pressure. The 2010 Dietary Guidelines for Americans recommends a sodium intake of 1500 mg, or less, per day and a potassium intake of 4.7 grams (4700 mg) per day. Choosing and preparing foods low in salt, eating more fresh fruits and vegetables and low-fat dairy are keys to maintaining the right sodium/potassium balance and a more healthful diet.

**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.*

November 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal Delivery Hours: Monday - Friday 9:30 AM - 1:30 PM	Happy Birthday to All of You Who Are Celebrating Your Birthday This Month! 	1 Lentil Stew with Turkey Sausage Steamed Spinach Corn Bread Orange Juice	2 Romaine Salad w/ Kidney Bns Cheese Ravioli w/ Spinach & Tomato Sauce Cauliflower w/ Red Pepper Whole Wheat Bread (1) Apricots	3 Hot Roast Beef Sandwich Open-Faced with Gravy Mashed Potatoes Peas, Carrots & Pearl Onions Banana
	6 Chickpea Salad Turkey Mediterranean W/W Penne Casserole Cauliflower with Parsley Peaches	7 Pot Roast with Gravy Mashed Potatoes Zucchini, Tomatoes & Onions Whole Wheat Bread (1) Apple	8 Baked Fish with Sweet & Sour Sauce <i>over</i> Brown Rice Asian Mixed Vegetables Carrots Mandarin Orange Slices	9 Diced Tomatoes with Parsley Crustless Broccoli & Cheddar Quiche Potatoes O'Brien Whole Wheat Bread (1) Apple
13 Sliced Pork with Apple Sauce Baked Sweet Potatoes Braised Cabbage Whole Wheat Bread (1) Apple	14 Tomato, Cucumber & Parsley Salad Corn Meal Breaded Fish Red Potatoes Steamed Spinach Whole Wheat Bread (1)	15 Beef Stroganoff <i>over</i> Egg Noodles Carrots & Cauliflower Succotash w/ Red Bell Pepper Whole Wheat Bread (1) Pears	16 Hulled Barley Salad Oven Fried Chicken Baked Beans Green Beans with Almonds Orange	17 Whole Wheat Spaghetti with Meat Balls Zucchini/Squash Corn Orange Juice
20 <u>DOUBLE DAY</u> Beet Salad Salisbury Steak with Brown Gravy Whole Wheat Couscous French Green Beans Orange	21 <u>DOUBLE DAY</u> Chicken Cordon Bleu with White Sauce Brown Rice Broccoli Pears Orange Juice	22 <u>THANKSGIVING MEAL</u> Turkey, Dressing & Gravy Mashed Potatoes Peas & Onions Cranberry Sauce Whole Wheat Bread (1) Pumpkin Pie	23 <u>NO DELIVERY</u> 	24 <u>NO DELIVERY</u> 
27 Chicken Fajitas Pinto Beans Corn with Red Pepper Corn Tortilla (1) Mixed Fruit	28 Beef & Broccoli Stir Fry <i>over</i> Brown Rice Glazed Carrots with Ginger Red Pepper, Baby Corn, Gr. Beans & Water Chestnuts Mandarin Orange Slices	29 Green Salad with Ceci Beans Stuffed Bell Pepper with Barley & Ground Turkey Cauliflower Whole Wheat Bread (1) Pears	30 Diced Tomatoes with Parsley Tuna Noodle Casserole Cauliflower, Carrots & Peas Whole Wheat Bread (1) Apple	

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