

Lancaster Senior Citizen's Newsletter  
Please visit our Senior Center in the Lancaster Community Center:  
Lower Level behind the Town Green

# Senior Moments

David James, Chair, Mary J MacLean, Elaine M Doherty, Eileen McRell, Nicole Jimino, Michele McDonald

## Thoughts From the Chair

## Breaking News !

### Myth Busters Confirms There is a Free Lunch!

Summer is BBQ time. Lancaster Seniors, and residents of all ages are invited to *many sumptuous feasts!* *More on page 2*

*It's back!*



**Our Annual Chicken BBQ**

**Free! For all Seniors!**

**July 27<sup>th</sup>**

**Noon! On the Senior Center Patio**

**Sponsored by**

**The Lancaster Firefighters Association**

Please RSVP to the COA (978 733-1249) by 7/20

The COA wishes to thank the Firefighters Association!



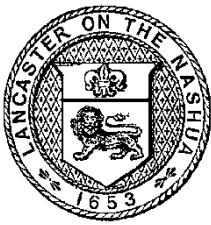
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The COA Board is very pleased to introduce Alexandra "Alix" Turner as the new COA Director! Alix is well-known to the folks here in Lancaster, having served as a Selectman and on many town boards. She brings a new energy to the COA and the Senior Center, and a wealth of new ideas. We look forward to working with her as we make the Senior Center "the place to be" in Lancaster!

Claire Griffiths, long time member of the COA, has decided not to be on the board for another term. She will be spearheading a new Friends group. We thank her for her faithful service. The COA is now looking for a volunteer to fill her spot. If you are interested, please contact me at 978-263-7962. Thank you!

*David R. James, Chair*



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***Please complete this survey (Mail it back or drop it off, please!)***  
***It will help determine our programming, and funding allocations.***

Have you used COA resources? Yes \_\_\_\_\_ No \_\_\_\_\_

If not, would you like to use COA resources if they were of interest?

Yes \_\_\_\_\_ No \_\_\_\_\_

**What type of programs would you find interesting or helpful? Choose as many as you like.**

**Meals:** (Feel free to add comments)

Potlucks \_\_\_\_\_ Homemade(funded by donation) \_\_\_\_\_

Friday Congregate Meals \_\_\_\_\_ Catered \_\_\_\_\_ Resturant \_\_\_\_\_

**Trips**(Feel free to add comments)

Local \_\_\_\_\_ Overnight \_\_\_\_\_ SelfGuided \_\_\_\_\_ include transportation \_\_\_\_\_

Other Suggestions \_\_\_\_\_

**What type of Trips** (please feel free to comment, add more pages is desired)

- Garden Related \_\_\_\_\_
- Museums \_\_\_\_\_
- Fairs, Cultural Events (ie Theater) \_\_\_\_\_
- Restaurant \_\_\_\_\_
- Shopping \_\_\_\_\_
- Vacation Destinations \_\_\_\_\_
- Other (please explain) \_\_\_\_\_

**Classes/Workshops** (add comments)

**What type of Classes or Workshops may be of interest to you?**

When would you be most likely to attend? Weekdays \_\_\_\_\_ (hours)

Weekday

evenings \_\_\_\_\_ (hours) Weekends \_\_\_\_\_ (Specify)

- Art and Crafts \_\_\_\_\_
- Fitness, What type \_\_\_\_\_
- Language \_\_\_\_\_
- Adult Education \_\_\_\_\_

**Counseling, Education, and Advocay:** Insurance \_\_\_\_\_

Financial \_\_\_\_\_ Assistance (Heating) \_\_\_\_\_ Taxes \_\_\_\_\_

## Thoughts from the Director

More BBQs *continued from pg 1*

**July 12<sup>th</sup> 12:00pm-1:00pm**

**Rain date July 19<sup>th</sup>**

**By ~ Life Care Center of Leominster, Free!**

Hamburger, or Hotdogs, Cold Salad, Watermelon, Brownies and Drinks

RSVP to Karen or Crystal at (978) 537-0771

**August 18<sup>th</sup> 11:00am-3:00pm**

**Sheriff's Annual Senior Picnic**

Sponsored by Sheriff Lew Evangelidis

SAC Park, 348 Lake Street Shrewsbury, MA

Free! Table service, games etc.

RSVPs preferred to COA by 7/18<sup>th</sup>

**MART bus service must be reserved early, first come-first serve!**



**Tuesday is Pancake Day**

**Everyone is invited!**

**Senior Center Tuesday mornings 8:30 AM on  
\$1 suggested donation**

***Special Breakfast Guests:***

**July 10<sup>th</sup>** Orlando Pacheco, Town Administrator

**July 24<sup>th</sup>** Sue Thompson, Town Clerk

**July 31<sup>st</sup>** Cheryl Gariepy, Chief Financial Officer

Chef/Chair Extraordinaire David James breaks out the griddle flips fresh pancakes. Included for the \$1 donation is sausage, juice and coffee. Look out Dunkin Donuts!

I am honored to join the Council on Aging as Director. I am deeply vested in Lancaster, having lived here for years, with my husband John and the world's most spoiled dog, Dewey. I come to the Council with a goal to improve services for our seniors.

It is both an exciting, and difficult time for many seniors. The Council, and the town has made a real commitment to seniors by opening a Senior Center in the Community Center, and providing the tools for us to use it. I hope that this newsletter piques your interest and you visit the Center, either to volunteer, take classes, and visit our wellness clinics, financial counseling or take advantage of some of the other offerings.

Lancaster boasts over 1,500 Seniors, with varied needs. It is my job to help make sure you have the services you want, or need. So please stop by, don't be shy. My office door is always open, bring a dog treat!

*Alexandra Turner, 'Alix'*

**Rainbow Lunch**

**Worcester Elder Services and WLEN**

**Invite you to the Rainbow Lunch Club**

**Every 2<sup>nd</sup> Wed. Noon**

**At the Unitarian Church, 90 Holden St. Worcester.**

**Questions or to RSVP 508-756- 1545**



# Health and Fitness

Now we have had all that great BBQ, time to get active!



## It's Lyme Time (or Lyme 101)



Lyme disease is the most common tick-borne illness in North America. Lyme disease is caused by the bacterium, *Borrelia burgdorferi*. Deer ticks, which feed on the blood of animals and humans, can harbor the bacteria and spread it when feeding.

You're more likely to get Lyme disease spending time outdoors where ticks thrive. Take precautions in areas where Lyme disease is prevalent as it is in this area; -wear light colors, use spray and check for ticks when you get inside. Gardeners see below!

### Symptoms of Lyme disease are variable, often involving more than one

**Rash.** A few days/month before other symptoms, a small, red bump may appear at the site of the bite. Then redness may expand, forming a rash in a bull's-eye pattern, (a red outer ring). Some people have multiple bulls eyes, a few have none. .

**Flu-like symptoms.** Fever, chills, fatigue, aches and headache may signal Lyme.

**Migratory joint pain.** If infection isn't treated, you may develop joint pain and swelling long after the bite. Knees are likely to be affected, but the pain may shift.

**Neurological problems.** Long after infection, inflammation of membranes surrounding the brain (meningitis), temporary paralysis of your face (Bell's palsy), numbness or weakness in your limbs, and impaired muscle movement may occur.

**Less common signs and symptoms.** Some experience heart problems (ex irregular heartbeat) after infection, this rarely lasts. Possibly eye inflammation, hepatitis and fatigue.

### When to see a doctor?

If you know you've been bitten, and experience symptoms of Lyme contact your doctor **immediately**. Treatment for Lyme (antibiotics) is most effective if begun early, typically people fully recover if caught early. Only a minority of bites leads to Lyme disease. The longer the tick remains attached, the greater your risk.

### **Lyme resources**

[www.cdc.gov](http://www.cdc.gov), [www.state.ma.us/dph](http://www.state.ma.us/dph), [www.lymenet.org](http://www.lymenet.org),  
[www.medlineplus.gov](http://www.medlineplus.gov), [www.lymediseaseassociation.org](http://www.lymediseaseassociation.org), [www.ilads.org](http://www.ilads.org), [www.aldf.com](http://www.aldf.com),  
[www.lyme.org](http://www.lyme.org),



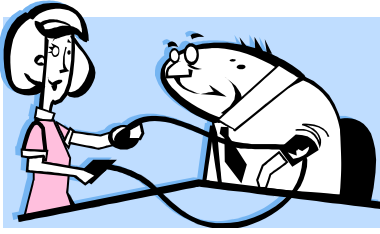
### **Lyme support group:**



Nashoba Valley Medical Center, 978-784-9000 Donna Castle: [dcastlemom@yahoo.com](mailto:dcastlemom@yahoo.com)

LymeLITE is a local organization focused on Lyme disease education and legislation.

Contact person: Kurt Hayes at [lymelite@verizon.net](mailto:lymelite@verizon.net) OR [lymelite.org@gmail.com](mailto:lymelite.org@gmail.com)



**Come to the Well Adult Clinic~ It is FREE!**  
**With our town nurse, Tamara Bedard**  
**3<sup>rd</sup> Wednesday of each month**  
**11AM-12PM**

## **Got Time? Help Wanted.**

**Would you consider volunteering with the Council on Aging?**



**We need help! Below are just a few ideas.**

**Good cooks: Artists, Crafters, Fitness Teachers**

To run classes or help with them, to cook for community meals or run events participate in events.

**Administrative:** To help with the newsletter, data entry, research. In short to help organize our mess!

**Imaginative, traveling types:** To help facilitate trips and workshops.

**Organizers/Fundraisers** To help with the 'Friends of Council on Aging' Flea Market and other fund raising activities.

**Welcoming/Hosts and Hostesses:** To greet visitors to the Center, our ambassador's!

**Drivers:** To deliver Meals on Wheels, or help those who can't drive with trips to Dr's etc. "Angel Drivers"

*Thank you!*

**Anytime you can give is appreciated! See office for more information.**

## **Outdoor lovers should consider deer resistant plants to combat Lyme**

Deer are a critical component of the deer tick's reproductive cycle. Deer transport the engorged female who will then lay thousands of eggs which feed on the White Footed Mouse, and other mammals. Over 90% of white-footed mice will be infected in many areas. No plant is completely resistant from deer damage, but generally, deer do not like aromatic plants such as lavender or other plants with a strong fragrance (exp sage). Deer also avoid plants that are thorny, poisonous, have thorns or stickers, or milky sap

**To Combat Lyme plant deer resistant plants, for a list of suggestions contact the COA office**  
*Courtesy of Tamara Bedard, Town Nurse and Nashoba Nursing*





## LANCASTER COMMUNITY CENTER

### LANCASTER SENIOR CENTER

**JULY 3, 2012**

**Web:** <http://www.lancastercommunitycenter.org>

**Email:** [lancastercommunitycenter@gmail.com](mailto:lancastercommunitycenter@gmail.com)

#### On-going Activities in the Senior Center

SENIOR LUNCH - Mon. thru Thurs. at 12  
FREE BREADS/CAKES - Tues., 8:30AM  
BINGO - Tuesdays 1:00-3:00 (note new time)  
CRIBBAGE - Tues and Thurs, 8AM-10AM  
PANCAKES - Tuesdays, 8:30-9:15AM  
COMPUTER CLASS - By Appointment\*

\*Call [978-263-7962](tel:978-263-7962) to arrange a computer session.

#### Phone Numbers

|                               |              |
|-------------------------------|--------------|
| Congregate Meal Site -        | 978-706-1958 |
| Community Center General Line | 978-706-1527 |
| Commission on Disability      | 978-706-1527 |
| Council on Aging -            | 978-733-1249 |
| COA Transportation Line -     | 978-733-4076 |
| Veterans' Representative -    | 978-706-1754 |

#### Tuesday Pancakes!

This is really becoming popular!  
Tuesdays, from 8:30 to 9:15AM, I (David James) will be serving pancakes, orange juice, coffee, and sausage! Donation (\$1) to defray the cost of food is appreciated, but not required. Note that I've extended the opening to 8:30 to accommodate the increased attendance.

#### Venetian Blinds!

Next time you are in the Senior Center, you will notice venetian blinds on the large windows! This will help keep the place cooler in the summer. In addition, we have a portable (rolling) room air conditioner on the way!

#### Tribal Belly Dance Class

Current session: Tuesdays, 7:30-8:30PM, through August 7. 6 sessions for \$60. Check web site for updates and specific dates.

<http://www.julyanadances.webs.com>

#### First Lancaster Old Fashion Community Day...WOW!

What a FANTASTIC event this was! The weather was perfect, the food was great (and cheap!), and there was lot's to do. Our sincere appreciation to the Firefighters' Association for the donation of their time and the hot dogs and hamburgers!

The entertainment was funded through grants from the Lancaster and Massachusetts Cultural Councils, and was arranged by Jean Syria and Denise Hurley. It was fantastic!

Several local businesses donated gift baskets which were raffled off to many lucky winners.

Plans have already begun for the Second Annual Lancaster Old Fashion Community Day! Stay tuned!

Check out the new Community Gardens behind the LCC. Thanks to Growing Places for their donation, and to Greg Stirk for all the maintenance and watering.



# Classes and Workshops

To insure a space please pre-register at 978 733 1249  
or aturner@lanasterma.net



## July Classes

### Beading with Bev

Bev McCarthy is a talented teacher and designer and owner of The Bead Shoppe in Sterling.

Participants do not need any beading experience, just a willingness to create.

Students will quickly learn the basics of beading. Bev uses elegant beads, crystal and Czech glass among others 'no junk' allowed. Students will take home three finished pieces, including a necklace and bracelet.

**July 25<sup>th</sup> 2pm-4pm**

Seniors \$5, General public \$10

### *Drawing with Sandy*

**Workshop:** Learn the basics of drawing, or just refresh those dormant creative skills with our Artist in Residence, Sandy McMinn.

**Thursdays July 19<sup>th</sup> and July 26<sup>th</sup>.**

*Free! Registration required, call 978 733 1249 and leave your name, space is limited.*

*Brought to you in part thanks to Project ABLE and Thanks to Sandy McMinn*

## Coming in August

### **Batik Workshop**

*Dates to Be Announced (TBA)*

Keep your eye out for 100% Cotton T-Shirt or a table cloth

We will turn it into a work of art with the help of our Artist in Residence Sandy McMinn

Watch the Website for details and dates.

### **Mosaic Flowerpots**

*Dates to Be Announced (TBA)*

Get ready to bring your plants inside in these bejeweled

works of art, they also make great gifts. More fun with our Artist in Residence, Sandy McMinn, Watch the Website for details and dates.

### **Introduction to Zentangle**

**August 17<sup>th</sup>, Friday 2 pm-4pm**

Bev McCarthy, CZT will teach us the basics of the creative art of Zentangle, a beautiful art form from repetitive patterns. Fun, easy to leave and very relaxing. Zentangle combines relaxation and a sense of meditation through pen and paper.

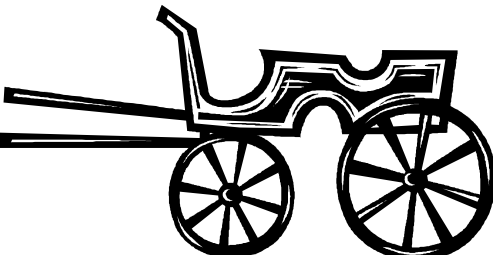
Materials provided \$5 Seniors, \$8 general public.

Reservations Required.

Watch for our survey. We want to hold classes you are interested in... please fill it out!



# Trips and Events



## The Race of the Century

*At the Collings Foundation, Stow MA*

**August 18<sup>th</sup>**

*rain date August 19<sup>th</sup>*



**What was the Golden Age of Transportation? Were cars, air, or horses better?**

*This is an absolutely fantastic event where horses, high wheelers, early automobiles and aircraft all "race" against each other. A truly entertaining event!*

During the early 1900's the thought of a "horseless carriage" rumbling down the path - or better yet - a "flying machine" moving through the air seemed unbelievable. The traditional horse and buggy quickly became history with the emergence of auto carriages like the 1905 Franklin and aircraft such as the 1909 Bleriot Type XI.

***Which technologies will win? There is only one way to find out:***

Horse/Carriage Vs. 1905 Franklin Type A Roadster: *No competition here... silly motorized carriage. We all know where the real "horse power" lies.*

Horse/Buggy Vs. 1908 Stanley Steamer: *This will be a close race. An automobile that runs on water? Incredible! Can it be the horse and buggy has met its match?*

1914 Stutz Bearcat Vs. 1909 Bleriot Type XI Flying Machine: *The most incredible race ever! - One of the fastest cars of the time racing against this amazing flying machine.*

1937 Offy Sprint Car Vs. 1942 Stearman: *Fresh from the 1937 New England race circuit - our driver "Blazing Bob" will go all out to prove a true race machine is faster than any aircraft in a 1/8 mile "nose to prop" race.*

**Who will win the Race of the Century? You will have to come find out!**

*(Line up and participating vehicles/airplanes subject to change)*

We will leave The Senior Center at 10:30 am (Bus boarding begins at 10:15 am),

*Prior pick up may be arranged through the reservation line.*

We arrive at 11:00 to view the Antique Cars, WWII planes in the hangars and in flight, Tanks, ½ tracks and more. Then we sit for a picnic (indoor) lunch at 11:45 in the hanger, and then off to watch the Race at 1pm. Then back on the bus and home by 2:30pm.

*Transportation, lunch, admission to the car show, and race is included*

*\$27 Over 60, or \$30 General public*

**To insure a space please pre-register at 978-733-1249 or 978-733-1249**

**or [aturner@lancasterma.net](mailto:aturner@lancasterma.net) deadline August 10**

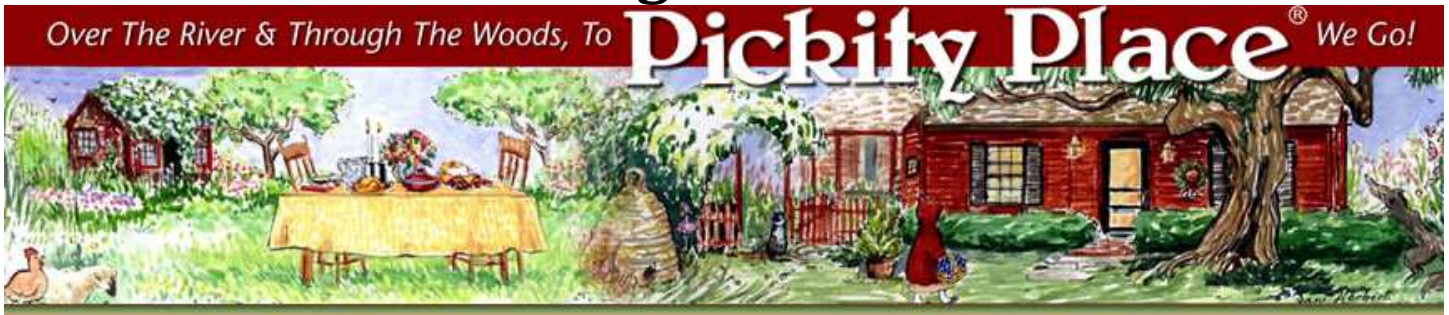




# Trips and Events

*continued*

## August 26<sup>th</sup>



August 26<sup>th</sup> we will leave the Senior Center at 11:45am destined for 'Pickety Place', a 1786 quaint little red cottage. The enchanting cottage inspired Elizabeth Orton Jones for her illustrations in Little Red Riding Hood (Little Golden Books, 1948). Today it is a mecca for gardeners, foodies and anyone looking for inspiration and relaxation.

We will spend the afternoon strolling the gardens (yes- you can smell the herbs), visiting the greenhouses, the gift shop and finishing with a five course lunch.

Then back for a leisurely ride home, with

a stop at our favorite garden/antique stores if there is time. We will be back for dinner if you have room!

### *August Menu*

*Vidalia and Cheddar Dip*

*Vegetable Pistou Soup*

*Garden Salad, Fresh Herbs with  
Extra Virgin Olive Oil and Meyer  
Lemon*

*Caraway Bread*

*Roast Pork Loin w/Peach, Orange &  
Dijon Glaze*

*— or —*

*Perogi with Ripe Tomatoes, Wild  
Mushrooms and Spinach*

*Spaghetti Squash with Garlic Herb  
Butter*

*Blueberry Crisp with Bavarian Creme*

*Reserve early (deadline 8/3) space is limited. \$34 Over 60 \$37 General. (9% meals tax/tip inc.)*

## Shopping Trips

***Reserve early! Trips may fill or be cancelled if there are no reservations.***

***(Only two dollars round trip; Home Pick up and Drop off CALL 978 733 4076)***

- ***July 6*** Water Tower Plaza
- ***July 13<sup>th</sup>*** Searstown/Whitney Field
  - ***July 20*** Wegmans
- ***July 27<sup>th</sup>*** No Trip, Free Chicken BBQ, Come on down!

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## OUR WISH LIST

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We are planning for crafts classes, events, and every day fun. Check your drawers and closets, if you have the following items we will put them to use!

- Nice glossy magazines (for paper mosaics)
  - Printer Ink (HP 57, or HP56)
  - Large Nice Flower Pots
  - Card Stock
  - Drawing Pads and Tablets
  - Art Supplies of all sorts
  - Colored Glass and Clear (small plates, vases etc.)
  - Cribbage Boards, Chess Sets, Checkers
  - Small Bud Vases
  - Costume jewelry, shells, beads
  - Glue
  - Tile Grout
  - Terra Cotta Pots
  - Gold, Silver, Copper, or White Spray Paint
  - Folding Tables
- 

Celebrate Independence  
(July) Birthdays!



July 19<sup>th</sup> 1pm

Cake, Ice Cream and lots of jokes.  
Come have dessert in the Center and honor

**Save the Date**

**The 1<sup>st</sup> COA Flea Market**

***Frustrated by Insurance Paperwork,  
Don't know what to do?***

**Call Gretchen our**

**SHINE Counselor**

**(Financial Counseling for Insurance etc.)**

**Tuesday and Thursdays 11:00 am-1:00 pm**

*Or by appointment*

**Meet at the Senior Center**

**(private space available)**

**Join us for our Council on Aging Meetings**

**Open to all**

**Bring ideas, and suggestions.**

**Wednesday July 18<sup>th</sup> at 10:30 in LCC Meeting Room**

**Save the Date**

**The 1<sup>st</sup> COA Flea Market**

**October 6<sup>th</sup>, 10am-2pm**

**Tables available, or donate your treasures**

**To support Friends of the Seniors**

# FIREWORKS PARTY!

July 14<sup>th</sup>,

**Rain Date July 15<sup>th</sup>**

Leave Center by 8 pm to  
Rota Springs Farm for  
BYOIC (*Buy your own ice  
cream*) Then off to the  
Clinton Fireworks  
Van Donation \$3 pp,  
(*RSVP by 7/11*) *The bus will  
not run unless reserved*)  
Voluntary Donations will be  
collected to support the  
Fireworks on the bus.  
*Questions? 978 733 1249*



## *Merçi*

Greg Stirk ,Sandy McMinn,  
Myra Omeler, David and  
Jean James, Michele McDonald,  
Claire Griffiths, Steve Piazza and everyone else who  
help make the center special. It would not be  
possible with volunteers! *Thank you.*

## **We Will Move You!** **THE MART/SENIOR VAN** **Reserve at 978-733-4076**



At home pick up and drop off is Mon-Thursday. Call for  
policies. See Friday trip schedule & special events too.  
\*Currently there is no charge for rides in town\*, or to  
neighboring towns, however reservations are required.  
(Must\*\* be reserved at least 24 hours ahead, Medical reservations  
will be taken well in advance.)\*Less than 24 hour notice cancellation  
fee may apply\*\*We will try to accommodate emergencies.

### **Lancaster Council on Aging**

Lancaster Community Center  
PO BOX 7, Lancaster Ma 01523  
978-733-1249 or [www.lancasterma](http://www.lancasterma)



The Lancaster COA  
would like to  
remember Dan  
McLaughlin He was  
a special friend and  
dedicated Van  
driver. He is missed  
by all.

June 21 2012

*Dan's family has asked  
contributions in his name  
be made to the Clinton  
Hospital Foundation-  
Building Fund.*

PLEASE CALL YOUR MEAL SITE AHEAD TO MAKE RESERVATION

Questions: Please call 1-800-286-3441 or 978-345-8501 ext 1

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|---|---|---|--|
| 2<br>Baked Chicken w/<br>Teriyaki Sauce<br>Brown Rice<br>Oriental Blend<br>Rye Bread<br>Muffin<br>Diet: Graham                 | 3<br><b>Special</b><br>BBQ Burger<br>Cole Slaw<br>Baked Beans<br>Whole Wheat Bun<br>Fruit Crisp<br>Diet Dessert: Dried Fruit<br>HDM: Caramelized Onions<br>and Peppers                | 4<br><b>HOLIDAY</b>   | 5<br>Creamy Tomato Soup<br>Fish Wedge<br>Rice Pilaf<br>Whole Wheat Bread<br>Applesauce w/ vit c<br>HDM: Creamy Tomato<br>Soup               | 6<br>Meatballs w/Tomato Sauce<br>Broccoli<br>Hot Dog Bun<br>Pineapple<br>HDM: Herbed Elbows                                |
| 9<br>Roast Pork<br>w/ Onion Gravy<br>Mashed Potatoes<br>Carrots<br>Multigrain Bread<br>Turnover<br>Diet: Animal Crackers       | 10<br>Boneless Chicken w/<br>Apricot Glaze<br>Brown Rice<br>California Blend<br>Rye Bread<br>Peaches  | 11<br>Vegetable Soup<br>Egg Salad<br>Three Bean Salad<br>Hot Dog Roll<br>Fresh Orange<br>HDM: Vegetable Soup  | 12<br>Chicken Ala King<br>Mashed Potatoes<br>Winter Blend Vegetables<br>Biscuit<br>Chocolate Pudding<br>Diet: Strawberry Banana<br>Pudding  | 13<br>Beef Stroganoff<br>Egg Noodles<br>Peas and Carrots<br>Whole Wheat Bread<br>Tropical Fruit                            |
| 16<br>Boneless Chicken Breast<br>w/ Cacciatore Sauce<br>Herbed Penne<br>Italian Blend<br>Rye Bread<br>Fresh Fruit              | 17<br>Split Pea Soup<br>Sliced Ham (2.5 oz) and<br>Cheese<br>Tomato Chick Pea Salad<br>½ Pita Pocket<br>Apple Muffin<br>Diet: Apple Graham<br>HDM: Split Pea Soup<br>**** High Sodium | 18<br>Chicken Fajita w/<br>Peppers and Onions<br>Black Beans and Corn<br>Rice with Tomato<br>Wrap<br>Vanilla Pudding<br>Diet: SF Van. Pudding   | 19<br>Broccoli and Cheese Bake<br>Diced Garlic and Parsely<br>Potatoes<br>Stewed Tomatoes<br>Whole Wheat Bread<br>Prunes                    | 20<br>Salisbury Steak<br>w/ Mushroom Gravy<br>Mashed Potatoes<br>Mixed Veggies (vit A)<br>Rye Bread<br>Pears               |
| 23<br>Fish Sticks<br>Scalloped Potatoes<br>Genoa Blend Veggie<br>Multigrain Bread<br>Banana Pudding<br>Diet: Pistachio Pudding | 24<br>2 Meatballs<br>w/ 1 Whole Wheat Stuffed<br>Shell and Tomato Sauce<br>Spinach<br>Rye Bread<br>Dried Fruit  | 25<br>Vegetarian Chili<br>Farmers Salad (Marinated<br>diced chicken (1 oz), cheese (1<br>oz), lettuce, roasted red peppers<br>and olives)<br>Whole Wheat Bread<br>Orange<br>HDM: Vegetarian Chili | 26<br>Baked Chicken<br>w/ Marsala Sauce<br>Sweet Potatoes<br>Brussels Sprouts<br>Whole Wheat Bread<br>Peaches                               | 27<br>Roast Turkey<br>w/ Rosemary Gravy<br>Mashed Potatoes<br>Carrots and Peas<br>White Bread<br>Chocolate Graham          |
| 30<br>Macaroni and Cheese<br>Stewed Tomatoes<br>Rye Bread<br>Fresh Orange  | 31<br>Boneless Chicken/Lemon<br>Mustard Sauce<br>Mashed Potatoes<br>Carrots<br>Whole Wheat Bread<br>Turnover<br>Diet: Apple Graham  | 1<br>Roast Pork w/ Herb Rub<br>Brown Rice and Peas<br>Peach Chutney<br>Multigrain Bread<br>Applesauce with c  | 2<br>Vegetable Gumbo Soup<br>Chicken Salad<br>w/cranberries<br>Pasta Salad (Vinaigrette)<br>½ Pita Pocket<br>Pineapple<br>HDM: 3 Bean Salad | 3<br>American Chop Suey<br>California Blend Veggie<br>Whole Wheat Bread<br>Rice Pudding<br>Diet: Chocolate Mint<br>Pudding |

Menu is subject to change without notice. Home Delivered Meals may receive vegetable in place of soup or salad.

Diet= diet dessert per request

HDM= Home Delivered Meals

\*\* = High Sodium Entree - all HDM high sodium  
entrees are substituted with a low sodium entree