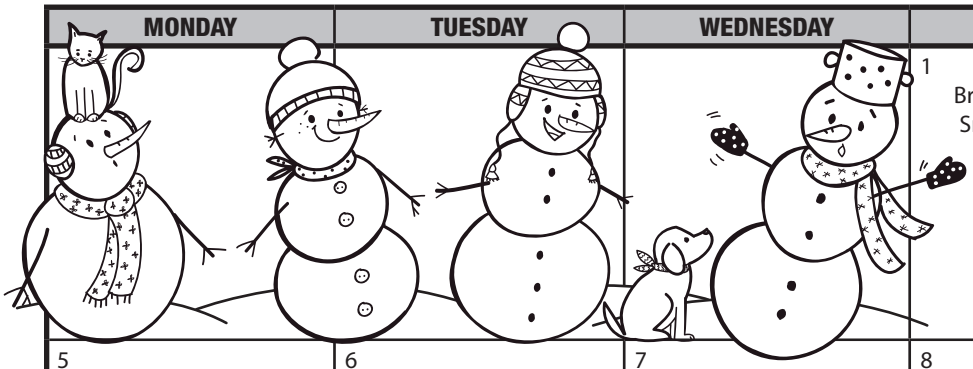
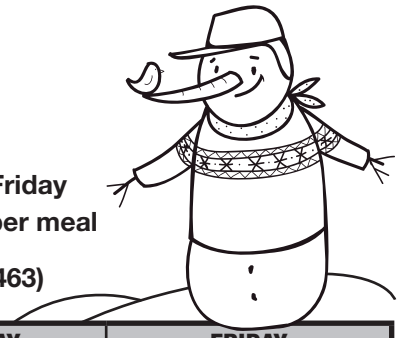
December 2016
Downtown Senior Center
27 E. Texas Ave.
702-267-4150
Meals served 11:30 a.m. to 12:30 p.m., Monday through Friday
60 years+ suggested donation of $2.50/Under 60 years $5 per meal

To hear the current week's menu, call 702-267-DINE (3463)





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Breaded pork cutlet Smashed potatoes w/gravy Peas Mixed salad Oranges Peach crisp	2 Malibu chicken Fries California blend vegetables Green salad Mandarin oranges Or Chef salad w/crackers
5 Oven fried chicken Mashed potatoes w/gravy Sliced carrots American salad Tropical fruit	6 Sweet & sour meatballs Rice Peas & carrots Colorful salad Banana Mini dessert	7 Cheeseburger w/fixings Waffle fries w/fry sauce Catalina vegetables Spinach salad Peach halves	8 Roast pork w/apple glaze Au gratin potatoes Broccoli Wedge lettuce salad Orange slices	9 Seasoned fish Wild rice Country vegetables Garden salad Applesauce Ice cream cup Or Chicken walnut salad w/crackers
12 Boneless barbecued rib sandwich Fries Peas Coleslaw Pineapple tidbits	13 Chili w/fixings Cornbread Mixed vegetables Harvest salad Banana Pudding w/dessert topping	14 Kielbasa w/sauerkraut Steamed potatoes Sliced carrots Mixed salad Fruit cocktail Roll w/butter Cake	15 Meatloaf Mashed potatoes w/gravy California blend vegetables Broccoli salad Orange slices	16 Orange chicken Jasmine rice Oriental vegetables Asian salad Pear halves Or Asian chicken salad w/crackers
19 Chicken fried chicken Mashed potatoes w/gravy Carrots Greek salad Mandarin oranges Cookie	20 Open-faced pot roast sandwich Mashed potatoes w/gravy Catalina blend vegetables Caesar salad Banana	21 **Breakfast for lunch** Sausage Scrambled eggs Biscuit w/sausage gravy Hash browns Sliced tomatoes Orange slices	22 **Traditional** **holiday meal** **11 a.m.to 12:30 p.m**	23 Seasoned fish Rice pilaf Peas & carrots Carrot & raisin salad Tropical fruit Or Italian salad w/crackers
26 Ham w/cherry glaze Scalloped potatoes Winter blend vegetables Mixed salad Peach halves	27 Corn dogs Chips Corn on the cob Green salad Banana Brownie	28 Ground beef tacos w/fixings Santa Fe corn Refried beans Fiesta salad Applesauce Blueberry cobbler	29 Potato bacon chowder soup w/crackers Country blend vegetables American salad Orange slices	30 Spaghetti w/ meatballs Broccoli Italian salad Pineapple tidbits Garlic roll Or Tuna salad w/crackers

Food allergy notice: Food items may contain these or other allergy-causing ingredients: nuts, milk, eggs, wheat, soybeans, peanuts, fish and shellfish.

Menu Items subject to change.

Milk is available with all meals Monday through Friday upon request.

Serving and Portion Sizes

Don't let your eyes get bigger than your stomach! Watching how much you eat can help you maintain a healthy weight.

A "serving" is how much of each type of food you should eat to meet recommended daily nutrition requirements. A "portion" is how much of a single food is actually on your dish—it can vary from meal to meal. When eating your daily meals:

- Stop eating when you are satisfied, not full. If there's still food on your plate, save it for another time.
- Use a smaller plate, bowl, or glass to help you eat and drink less.
- Order an item from the menu instead of heading for the "all-you-can-eat" buffet.
- Skip the "super sizes."
- Share a restaurant entrée with a friend—or eat just half and take home the rest.
- Read *What's On Your Plate?*, the National Institute on Aging guide to healthy eating.
- Visit www.choosemyplate.gov to see how much to eat from each food group based on your age, sex, and physical activity level.

Picture a serving size with these examples:

- 3 ounces of meat or poultry = a deck of cards
- 1–1 1/2 ounces of hard cheese = four dice
- 2 tablespoons of cream cheese = a golf ball
- 1 cup of salad or cooked vegetables = a baseball
- 3 ounces grilled/baked fish = checkbook

Quick Tip

Put leftovers in the fridge within 2 hours if not sooner. Then enjoy them the next day for lunch or dinner.

VISIT
www.nia.nih.gov/Go4Life

- Read more tips for adding physical activity to your day.
- Print useful tools.
- Order a free exercise DVD.
- Share your exercise story.

National Institute on Aging
National Institutes of Health
U.S. Department of Health & Human Services
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