










October Menu 2018



Lunch is served between 12-12:30 pm for the suggested donation of \$3.00

Menu is subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
1 Beer Battered Tilapia with Tartar Sauce Green Beans with Slivered Almonds Orange Sections Milk	2 Meatloaf with Mashed Potatoes and Gravy Steamed Broccoli Florets Grapes Whole Wheat Dinner Roll Chocolate Milk	3 Chicken Marsala Wild Rice Spinach Salad with Red Bell Pepper, Feta and Toasted Walnuts Apricots Milk	4 Baked Ziti Italian Vegetables Whole Wheat Bread Mandarin Oranges Milk	5 <i>Birthday Friday</i> Polish Sausage Red Cabbage with Apples Potatoes and Carrots Gingerbread Cake with Whipped Cream Frosting Milk 
8 Salisbury Steak Mashed Potatoes and Gravy Broccoli Florets Whole Wheat Dinner Roll Peaches Milk	9 Ham and Swiss Sandwich on Rye Butternut Squash Soup Orange Sections Milk 	10 Beef Noodle Stroganoff Cauliflower and Carrots Whole Wheat Bread Fresh Pear Milk	11 Oven Baked Chicken Brown Rice Creamy Coleslaw Juicy Grapes Milk	12 Clam Chowder California Blend Vegetables Garlic Bread Stick Apricots Chocolate Milk 
15 Shepherd's Pie with Zucchini and Sweet Potatoes Fresh Pear Whole Wheat Dinner Roll Milk	16 Hearty Lentil Stew Carrot Raisin Salad Potato Roll Milk	17 Sloppy Joes on a Whole Wheat Bun Buttered Corn Juicy Grapes Milk	18 Cheese Enchiladas Black Beans California Blend Vegetables Apricots Milk	19 Chicken Taco Salad Tortilla Chips Pico D' Gallo Pineapple Pumpkin Bread Milk
22 Pulled Pork Sandwich on Whole Grain Hawaiian Roll Zucchini and Yellow Squash Apple Compote Milk	23 Navy Bean Soup Spinach Salad Mix with Vinaigrette Orange Sections Whole Wheat Dinner Roll Chocolate Milk	24 Spaghetti with Meat Sauce Caesar Salad with Parmesan Shavings and Croutons French Bread Apricots Milk 	25 Crab Cake with Tartar Sauce Roasted Sweet Potatoes Broccoli Florets Juicy Grapes Milk	26 BBQ Chicken Baked Beans Parmesan Brussel Sprouts Fresh Juicy Pear Whole Wheat Bread Milk
29 Chicken Piccata Mashed Potatoes Steamed Green Beans Banana Whole Grain Dinner Roll Milk	30 Grilled Salmon with Aioli Sauce Brown Rice Fresh Steamed Broccoli Fig Newton Cookies Milk	31 Mustard Glazed Baked Ham Red Potatoes Peas and Carrots Applesauce Marbled Rye Bread Milk 	Senior Nutrition strives to use whole grain bread products 	The salt & pepper shakers indicate a meal that contains more than 1000 mg of sodium 

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 South Lake Tahoe (530) 573-3130

El Dorado County Senior Nutrition
(530) 621-6160

Enjoy our monthly article on the reverse side

Pass the Maple Syrup

Nutrition Notes by Natalie

I love trees! I can't pinpoint the exact reason I have such an obsession with them, but I am drawn to areas where they grow in abundance. I love the shade they provide, the different smells, leaf patterns, and the sound that they make on a windy, autumn day. But not all trees are created equal. My least favorite tree, ironically, is the pine tree. Maybe because their leaves are pointy and lack a unique pattern, but it might also be because they make a mess year round. It's either sap on my car, a mysterious yellow powder blanketing every surface around, or its pine needles and brown little pods clogging up my gutters. I prefer trees that only make a mess once a year when they shed their leaves, while giving me a wonderful and fantastic color-filled show. That's why it's no wonder that when I stumbled upon an article this summer about the maple tree, I was intrigued.

Not only do I love trees for their aesthetics, but also for their functionality. Some bear fruit, others nuts, and some varieties even sweeteners, like the maple tree. Historically, Native American tribes shared a legend that ancestors drank syrup straight from the tree, but the practice of collecting sap and then boiling it down to concentrate the sugars became the common practice. Scientists are now discovering some pretty incredible health benefits from this so called syrup.



Pure maple syrup is all natural and doesn't undergo a refining process that removes nutrients. It's simply concentrated tree sap. Sap moves the nutrients from the soil to the new buds, which later become leaves. It is packed-full of vitamins, minerals, and phytonutrients. The boiling process removes the water which then concentrates the nutrients. In fact, maple syrup is rich in minerals like manganese, zinc, magnesium, calcium, and potassium. The syrup also has over 67 different phytochemicals which host antioxidant properties.

The phytonutrients in maple syrup are showing promise in zapping colon and breast cancer cell growth and reducing inflammation. Wow, finally something that not only tastes good but is good for you! But, not so fast. Despite the promising benefits of maple syrup it is still a sugar and too much sugar is also linked to negative disease effects. So what is the recommendation, you might ask? If you are going to use a sweetener in your recipe, why not use one like maple syrup that is packed full of beneficial nutrients vs plain old sugar which is not. Substituting maple syrup in recipes has a few general rules however.

1. Substitute $\frac{3}{4}$ cup of maple syrup for 1 cup of sugar.
2. Reduce recipe liquids by 3 Tablespoons.
3. Maple syrup and molasses or honey are an equal exchange.
4. Reduce oven temperature by 25 degrees.
5. Add $\frac{1}{4}$ teaspoon of baking soda.
6. Use dark or very dark syrups for cooking.

Here's a great Fall recipe to serve as an appetizer:

Maple Drizzles Brie

- 1 round goat Brie
- 2 Tablespoons Maple Syrup
- 1 Tablespoon dried cranberries
- 2 Tablespoon coarsely chopped walnuts

Preheat oven to 375 degrees. Cut the top rind off the Brie round. In a small bowl, mix syrup, cranberries, and walnuts together and spoon on top of Brie. Place on ceramic baker or foil lined baking sheet and bake for 15-20 minutes, until soft.

Enjoy Mother Nature this season not only for the landscape but for the hidden treasures, like maple syrup, that come from this earth's creation.