

# Second Helping

A Few More Things You Might Find Helpful from United Way Meals on Wheels

November 2018

## Healthy Options You Can Be Thankful For

Thanksgiving Meals Can Be Good, and Good for You!

Some of the traditional Thanksgiving dishes that we grew up on probably aren't the healthiest way to enjoy the holiday. But here are a few smart alternatives that you can actually feel good about without giving up all the flavor and variety you love.

- **The Lighter Side of Turkey**

Turkey can be an excellent source of lean, low-fat protein -- as long you stick with skinless white meat. By avoiding thighs, drumsticks and other dark meat, as well as gravy, you'll greatly reduce the fat, calories and cholesterol in your main course.

- **Stuffed Acorn Squash**

Stuffing can take on a whole new meaning with acorn squash that's simply roasted with a little oil or salt, and stuffed with whole grains such as wild rice or quinoa and maybe even dried fruit such as raisins or cranberries -- all high in vitamins and fiber.

- **Mashed or Roasted Sweet Potatoes**

The starch in regular potatoes quickly converts to sugar in the body -- but not so much with sweet potatoes, which actually have more flavor without all the added butter and salt, and are lower in calories but high in fiber, potassium and vitamins A and C.

- **Sauteed or Steamed Green Beans**

Skip the fat and calories of casseroles and other heavy recipes, and enjoy the clean, immunity-boosting benefits of steamed or sauteed green beans with slivered almonds.

- **Real Cranberry Sauce**

While canned cranberry sauce contains a tremendous amount of sugar, sauce made from fresh cranberries can be adjusted to have less sugar, or can be made with a healthier sugar substitute. You just might like it so much that you have it for dessert!

Questions for Meals on Wheels? Call us at 205.592.0413.

Source: Home Care Assistance

Remove lower portion and return with your kind donation.

**YES!** I'll support Meals on Wheels so that even more people can look forward to a hot, nutritious meal and friendly visit day after day. My tax-deductible contribution is enclosed in the amount of:

\_\_\_\$25    \_\_\_\$50    \_\_\_\$100    \_\_\_Other \$\_\_\_\_\_

Please make checks payable to Meals on Wheels and mail in the enclosed postage-paid envelope.

Name \_\_\_\_\_  
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CSH-11/18

# NOVEMBER

## ADSS NUTRITION PROGRAM

FALL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu 6 Swedish Meatballs (5) Rottini Noodles Zucchini Casserole Carrots Whole Grain Bread Margarine Chocolate Mini Moon Pie 1% Milk &amp; Chocolate Milk</p>	 <p>Menu 7 Beef Tacos: Ground Beef Shredded Lettuce Cheese &amp; Tomatoes Mandarin Oranges Corn Tortilla Chips Mild Taco Sauce &amp; Sour Cream Fruited Strawberry Gelatin 1% Milk</p>	<p>Menu 8 Orange Pineapple Juice Mojo Chicken Drums (2) Yellow Rice/ Tomato &amp; Pepper Mixed Vegetables Cornbread Margarine White Cake 1% Milk/Buttermilk</p>	<p>Menu 4 Baked Lemon Pepper Chicken Thigh Rice Pilaf Carrot Coins Mixed Fruit Whole Grain Roll Margarine Fruited Peach Gelatin 1% Milk</p>	<p>Menu 5 Grape Juice BBQ Pork Riblet Mashed Potatoes Green Peas/ Red Pepper Whole Grain Bread Margarine Hot Peach Crisp Dessert 1% Milk</p>
<p>Menu 12 <b>Veterans Day</b> </p>	<p>Menu 12 Egg Salad Carrot Raisin Salad Mixed Green Salad/Italian Dressing Mixed Fruit Whole Grain Bread Margarine Fruited Raspberry Gelatin 1% Milk</p>	<p>Menu 13 Pork Chop Patty/ Sweet &amp; Sour Sauce Brown Rice Sesame Green Beans Pineapple Tidbits Dinner Roll Margarine Vanilla Pudding 1% Milk/Chocolate Milk</p>	<p>Menu 9 Turkey Salad Sandwich Three Bean Salad Broccoli Salad Citrus Fruit Salad Whole Grain Bread - 2 slices ea. Apple Spice Cookie 1% Milk</p>	<p>Menu 15 Meatballs (5) Spaghett/Tomato Sauce California Vegetable Blend Pears Garlic Roll Margarine Chocolate Cake 1% Milk</p>
<p>Menu 16 Smoked Sausage/Bun Hot German Potato Salad Cabbage and Carrots Fresh Apple Mustard Banana Mini Moon Pie 1% Milk</p>	<p>Menu 17 Chicken Breast/ Cacciatore Garlic Mashed Potatoes Broccoli Cuts Mandarin Oranges Whole Grain Bread Margarine Chocolate Pudding 1% Milk</p>	<p>Theme Menu Sliced Turkey/ Gravy Cornbread Dressing Green Bean Almondine Whole Grain Roll Margarine Cranberry Salad Cranberry Sauce Iced Carrot Cake 1% Milk</p>	<p>Menu 14 Chicken Garden Casserole Summer Blend Vegetables Carrots Fresh Banana Whole Grain Bread Margarine Hot Apple Crisp Dessert 1% Milk</p>	<p>Menu 15 <b>Thanksgiving Holiday</b> </p>
<p>Menu 19 <b>No Vendor Meal</b></p>	<p>Menu 20 Sliced Turkey/ Gravy Cornbread Dressing Green Bean Almondine Whole Grain Roll Margarine Cranberry Salad Cranberry Sauce Iced Carrot Cake 1% Milk</p>	<p>Menu 21 Ham &amp; Swiss/Pretzel Bun Three Bean Salad Potato Salad Peaches Mustard &amp; Mayonnaise Yellow Cake 1% Milk/Chocolate Milk</p>	<p>Menu 14 Baked Lemon Pepper Chicken Thigh Rice Pilaf Carrot Coins Mixed Fruit Whole Grain Roll Margarine Fruited Peach Gelatin 1% Milk</p>	<p>Menu 22 <b>Happy Thanksgiving</b> </p>
<p>Menu 26 Blended Juice Chicken Tetrzini Tuscan Blend Vegetables Fresh Orange Whole Grain Bread Margarine Chocolate Pudding 1% Milk</p>	<p>Menu 27 Sliced Meatloaf/ Apple Brown Gravy Mashed Potatoes Turnip Greens Strawberry Applesauce Cornbread Margarine Oatmeal Cookie 1% Milk/ Buttermilk</p>	<p>Menu 28 Ham &amp; Swiss/Pretzel Bun Three Bean Salad Potato Salad Peaches Mustard &amp; Mayonnaise Yellow Cake 1% Milk/Chocolate Milk</p>	<p>Menu 29 Baked Lemon Pepper Chicken Thigh Rice Pilaf Carrot Coins Mixed Fruit Whole Grain Roll Margarine Fruited Peach Gelatin 1% Milk</p>	<p>Menu 30 Grape Juice BBQ Pork Riblet Mashed Potatoes Green Peas w/ Red Pepper Whole Grain Bread Margarine Hot Peach Crisp Dessert 1% Milk</p>

Comments or Suggestions