SPECTRUM
October 2023

Mon	Tue	Wed	Thu	Fri
2 Lemon-Caper Cod over Rice Pilaf Tomato Florentine Soup* Green Beans Fruit+	**Oktoberfest Meal 3** Bratwurst on a Bun <> Braised Red Cabbage+ Potato Salad Fruit	**4** Salisbury Steak w/Mushrooms & Onions Mashed Potatoes Peas & Carrots* WW Roll Fruit+	✔ **5** Veggie Stir Fry+* Broccoli+ Brown Rice Fruit	**6** Jerk Chicken w/Cucumber Sauce Seasoned Cauliflower+ Red Beans Coconut Brown Rice Fruit
9 Chicken Gumbo w/Okra+ Red Beans Brown Rice Fruit	✔ **10** Pesto Tortellini Primavera+* Green Beans Garlic bread Fruit	**11** Baked Lemon Chicken w/Mushroom Sauce Bean Soup with Kale+ Brown Rice Fruit	**12** Turkey Sloppy Joes on WW Bun Cowboy Caviar Vegetable Medley Salad* Fruit	**13** Blackened Fish w/Creole Sauce+ Rosemary Red Potatoes Vegetable Blend+* Cornbread, Fruit
16 Turkey Soft Tacos+ w/shredded lettuce, diced tomatoes & onions Pinto Beans WW Tortilla, Fruit	**17** Coconut Curry Cod over Rice Pilaf Seasoned Cauliflower+ Carrots* Fruit	✔ **18** Pasta w/Marinara Sauce House Salad* Garlic Bread Fruit+	**19** Herb Baked Chicken Potato Cabbage Soup+ Peas & Carrots* WW Roll Fruit	**20** Beef Stew* Tossed Vegetable Salad* WW Roll Fruit+
✔ **23** Asian Veggie Curry* Broccoli+ Brown Rice Fruit	**24** Turkey Chili Vegetable Medley Salad* Cornbread Fruit+	**25** Albondigas Soup+* Southwest Side Salad Tortilla Chips Fruit	**26** Baked Cod with Melted Leeks Sauce* Turmeric Lentil Lemon Soup+ Couscous, Fruit	**27** Chicken Enchilada Verde Casserole*+ Black Beans Steamed Corn Fruit
30 Thai Chicken Broccoli Entrée Soup+ Sesame Ginger Noodle Salad+ Fruit	**Halloween Meal 31** Drippy Bones *(Chicken Drumsticks drizzled w/sauce)* Pumpkin Soup* Peas & Carrots* Brown Rice Fruit+, sweet treat	**Meal Options** **Meet & Eat:** Dine at site **Grab & Connect:** To-go with participation in Zoom activity **Take-Away:** To-go with no social activity	1% Milk served each meal *Menu subject to change without notice.*	**KEY** + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat ✔ = Vegetarian Day

Nutrition Education

Fiber

Fiber is an essential nutrient that you can only get through the foods you eat. Fiber is a type of carbohydrate that is mostly found in plant based foods. You may see fiber listed on food labels as "soluble fiber" or "insoluble fiber" and both offer numerous health benefits.

Insoluble Fiber Benefits
- Good for colon health
- Eases & prevents constipation

Soluble Fiber Benefits
- Stay full longer
- Lowers blood cholesterol
- Improves blood sugars

What foods are good sources of fiber?
Fruits, vegetables, cooked beans and peas, seeds and nuts, whole grain breads, cereals, crackers, and brown rice.

How much fiber is recommended?
Older adult women should aim for 21 grams/day
Older adult men should aim for 30 grams/day

How much fiber is in common foods?
1 medium pear = 5 grams
1 cup blackberries = 8 grams
½ avocado = 5 grams
½ cup beans = 7 grams
1 cup green beans = 7 grams
1 cup green peas= 9 grams

Be sure to read food labels to identify high fiber products and to help you make an informed choice.

Did You Know?

When increasing fiber intake, it is important to do so gradually. Eating too much fiber too quickly can cause gas or an upset stomach.

Be sure to hydrate and drink plenty of water when increasing fiber to prevent digestive discomfort.

Information obtained from: Eatingright.org & Understanding Nutrition by Whitney Roles

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