

Who we serve...

- Seniors 60 & older who are homebound due to illness, disability or isolation, needing substantial assistance at home and No longer driving
- Spouse living with homebound, regardless of age
- Disabled person under 60 living with homebound person


MISSED/DELAYED DELIVERY? 415-261-4585

HOLD/CHANGE/CANCEL? 415-473-2734

SEPTEMBER 2020

MEALS ON WHEELS

REGULAR MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>1 Fried Chicken Mashed Potatoes and Stewed Carrots Orange Wheat Roll</p>	<p>2 Pork Pineapple Salsa & Rice, Peas, Carrots Cantaloupe Wheat Roll</p>	<p>3 Tandoori Chicken, Cous Cous, Peas, Zucchini Banana Wheat Roll</p>	<p>4 BBQ Pork Tenderloin, Orzo Pilaf and Green Beans Honey Dew Melon Cup Wheat Roll</p>	<p>5 Turkey Burger, Baked Beans, Corn Cobbette & Carrots Apple Sauce 1/2 Cup Wheat Roll</p>	<p>6 Chicken Mole, Spanish Rice, Corn & Carrots Pear Wheat Roll</p>	<p>7 Tuna Patty Quinoa Pilaf, Baked Potato Sunshine Carrots Pineapple Wheat Roll</p>
<p>8 Turkey Meatballs over Pasta Garlic Brussel Sprouts Orange Wheat Roll</p>	<p>9 Pesto Crusted Pork Loin Baked Potato Capri Veggies Cantaloupe Wheat Roll</p>	<p>10 Chicken in Apricot Sauce Quinoa Zucchini, Butternut & Summer Squash Banana Wheat Roll</p>	<p>11 Fish Tacos Spanish Rice Seasoned Zucchini Honey Dew Melon Cup Wheat Roll</p>	<p>12 Chicken Milanese Over Pasta With Italian Vegetables Peas and Carrots Apple Sauce 1/2 Cup Wheat Roll</p>	<p>13 Chicken Dijon over Cous Cous with Brussel Sprouts, Roasted Broccoli Pear Wheat Roll</p>	<p>14 Frittata Lorraine with Pasta Salad Pineapple Wheat Roll</p>
<p>15 Sloppy Joe & Coleslaw with Sweet Potato/Corn Orange Wheat Roll</p>	<p>16 Spanish Chicken Verde & Fresh Grilled Zucchini, Squash, Bell Pepper Cantaloupe Wheat Roll</p>	<p>17 Taco Salad Chips and salsa Banana Wheat Roll</p>	<p>18 Fish Creole with Rice and Italian Vegetables Honey Dew Melon Cup Wheat Roll</p>	<p>19 Turkey Tetrizzini with Capri Veggies and Lima Beans Apple Sauce 1/2 Cup Wheat Roll</p>	<p>20 Chicken Enchiladas Refried Beans Apple Sauce 1/2 Cup Wheat Roll</p>	<p>21 Hungarian Goulash with Capri Veggies Pineapple Juice 6 oz Wheat Roll</p>
<p>22 Hawaiian Pork with Coconut Rice Peas & Grilled Pineapple Bell Peppers, Zucchini Orange Wheat Roll</p>	<p>23 Garlic Chicken w/ Couscous Roasted Potato with Bell Pepper and Onion and Carrots and Peas Cantaloupe Wheat Roll</p>	<p>24 Mumbai Pork Curry with Jasmine Rice Roasted Eggplant Peas Banana Wheat Roll</p>	<p>25 Cilantro, Honey, Lime Tilapia Steamed Broccoli Cous cous Honey Dew Melon Cup Wheat Roll</p>	<p>26 Oven BBQ Chicken, Corn, Carrot & Potato mix Green Beans Apple Sauce 1/2 Cup Wheat Roll</p>	<p>27 Chicken ala King with Roasted Broccoli Moroccan Carrot Mix Pear Wheat Roll</p>	<p>28 Shepard's Pie Brussel Sprouts Pineapple Wheat Roll</p>
<p>29 Tuna Casserole with Broccoli Orange Wheat Roll</p>	<p>30 Chicken & Mushroom Gravy with Rice Pilaf and Italian Veggies Cantaloupe Wheat Roll</p>	<p>Menu items with 1,000 or more milligrams of sodium are labeled: <i>"Higher Sodium Meal"</i></p>		<p>Meals include 8 oz. 1% Low Fat Milk</p>	<p><i>Before eating meal, heat until all food items are hot, bubbly & steamy. Heating directions on meals</i></p>	

General information on County services for Seniors, call Aging & Adult Services (415) 473-4636. ~Menu Subject to Change Without Notice~

Participants are asked to contribute \$3.50/meal. Contributions are voluntary; no one is turned away for lack of funds. The Older Americans Act sets the eligibility for nutrition services at 60 years of age or older. Meals prepared by Sonoma County Council on Aging. Program participation is not limited with regard to race, color, national origin, gender, sexual orientation, gender identity or disability. Funding for this program, in part, is made available by the Older Americans Act, administered locally by the Marin County Dept. of Health and Human Services, Aging/ Adult Services.

Nutrition's Impact on Age Related Macular Degeneration (AMD)

Part of the healthy aging process for older adults is preventing or minimizing diseases that jeopardize their well-being. Now, imagine noticing a blurry spot near the center of your eye, which slowly grows bigger and eventually leads to blank spots in your vision. Over time, you find it more difficult to recognize the faces of your loved ones, drive a car, read a recipe, or complete your daily routine. Eventually, you may even experience vision loss in one or both of your eyes.

Age-related macular degeneration (AMD) is a degenerative disease of the central portion of the retina, known as the macula, that can lead to blindness. According to the Centers for Disease Control and Prevention, AMD is the leading cause of blindness among Americans aged 65 and older and is expected to increase as the elderly population continues to grow.

At this time, there's no cure for AMD, and current treatments are aimed at slowing disease progression. However, research has found that adopting healthful eating patterns may lower the risk of developing AMD. Diets high in whole grains, fruits, vegetables, fish, poultry, and nuts and low in red meat may be associated with a decreased prevalence of advanced-stage AMD.



Emerging research also has found a link between adherence to a Mediterranean dietary pattern and lower risk of AMD. On the other hand, Western diets high in omega-6 fatty acids, red and processed meats, and refined grains may increase the risk of AMD.

Nutrient components of foods also may play a role in AMD prevention. Higher intakes of omega-3 fatty acids and fatty fish have been linked to decreased development of intermediate and late-stage AMD. Foods rich in carotenoids, particularly lutein, zeaxanthin, and beta-carotene, also may reduce the risk of developing advanced AMD. Consuming a variety of vegetables in your diet is one way to help increase your intake of these important micronutrients.

Since diet appears to be an important factor for preventing the development of AMD, taking small steps to adopt healthful eating habits may protect against it. Additional steps that can help minimize the risk of developing AMD include smoking cessation, engaging in regular physical activity, scheduling routine eye exams, and maintaining healthy blood pressure and cholesterol levels. Remember that it's never too early to discuss nutrition and eye health with your provider and even with family and friends. Prevention is key to maintaining healthy vision during the aging process. These are steps you can take today that may help protect your vision in the future.