JULY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK SERVED DAILY ***Menu Subject to Change***	1 **Goulash** Green Beans Salad Garlic Bread Sugar Free Peach Cobbler	2 **BBQ Pulled Pork Sandwich** Coleslaw Salad Baked Apple	3 **Chicken & Noodle** Broccoli Bean Salad Roll Pear	4 **CENTER CLOSED** 4th of July
7 **Chicken Salad** Lettuce, Tomato, Onion Pickled Beets Roll Peaches	8 **Frito Pie** Broccoli Salad Peaches	9 **Shepard's Pie** Green Beans Salad Roll Oranges	10 **Chicken Posole** Spinach Salad Cornbread Peaches	11 **Fried Fish** Lemon Wedge, Tartar Sauce Potato Wedges Carrots Orange Sherbet
14 **Sloppy Joe** Green Beans Salad Roll Vanilla Ice Cream	15 **Honey Mustard Chicken** Green Beans Salad Roll Vanilla Pudding	16 **Creole Pork Chop** Spanish Rice Spinach Salad Bread Grapes	17 **Stuffed Bell Peppers** Carrots Roll Tropical	18 **Chicken Caesar Salad** Squash Roll Orange Sugar Free Chocolate Chip Cookies
21 **Ranch Chicken Wrap** Celery Sticks Pasta Salad Peaches w/ Cottage Cheese	22 **Tuna Salad Sandwich** Pickled Beets Salad Peaches	23 **Chicken Fried Steak** Mashed Potatoes & Gravy Spinach Roll Oranges	24 **Beef & Bean Burrito** Pinto Beans Stewed Tomatoes Salad Fruit Cocktail	25 **Hotdog** Sauerkraut Baked Beans Salad Chocolate Ice Cream
28 **Pork & Beans** Beet Greens Cucumber Salad Cornbread Cottage Cheese	29 **Smothered Steak** Parsley Potatoes Salad Roll Fruit Cocktail	30 **Roast Beef** Parsley Potatoes Carrots, Onions, Cabbage Wheat Roll Sugar Free Gingerbread	31 **Spaghetti w/ Meat Sauce** Salad Bread Sugar Free Jello	

The Bonnie Dallas Senior Center Nutrition Program
109 E. La Plata Street, Farmington, NM 87401
Meals Served: Monday – Friday 11:45am – 1:00 pm
Suggested Donation $3.00 for anyone 60+
$6.00 for 59 and younger.

July is Nutrition and Weight Awareness Month

Healthy Living, Healthy Body

- Heart Disease
- Diabetes
- High blood pressure
- Endometrial, breast and colon cancer
- Liver and gallbladder disease
- Mental health conditions

Healthy Eating Tips

- Reduce, don't eliminate certain foods – eat smaller portions and limit second helpings.
- Drink lots of water and remember that fruits and veggies contain water and can contribute to your daily water intake.
- Make sure to eat three meals every day.

Get Moving

Your body is designed to be used – move it by taking these small steps:

- **Don't look for nearest parking, but park away from the building and walk.**
- Make walking at lunch time or dinner a part of your everyday routine.
- Lift light arm weights while talking on the phone.

"Exercise"
Senior Activity Center

Fitness Center, Tai Chi, Zumba Gold, Pilates, Line Dance, Chair Exercise

"Weigh In" (held every Friday)
10:00am – 12:00pm
Senior Activity Center

Check your weight weekly with Omega.

Contact: Omega Soto (505) 566-2287