



# August 2010



## Meals on Wheels PLUS of Manatee

*Where the "plus" means so much more than meals!*

### Our Mission:

"To assist individuals to live independently by providing nutrition and caring supportive services."

811 23rd Avenue East  
Bradenton, FL 34208  
**(941) 747-4655**

Check us out online -  
[www.mealsonwheelsplus.org](http://www.mealsonwheelsplus.org)

Menu subject to change without notice.  
All menus served with 8oz of 1% low fat milk.

Monday	Tuesday	Wednesday	Thursday	Friday
2. Turkey with Mashed Potatoes, Cranberries, Green Beans Almondine, Squash, & Wheat Bread.	3. Country "Fried" Steak, Mashed Potatoes, Broccoli, Stewed Tomatoes, & Wheat Bread.	4. Baked Ham, Sweet Potatoes, Seasoned Spinach, Cauliflower, and Rye Bread.	5. Chicken Marsala over Linguine with Veggie Medley, Spiced Peaches, and Honey Wheat Bread.	6. Open Faced Hot Turkey Sandwich with Carrots and Warm Fruit Compote
9. Orange-Ginger Chicken over Fluffy White Rice with Asian Blend Veggies, and Steamed Sweet Corn.	10. Roast Pork with Gravy, Roasted Red Potatoes, Brussel Sprouts, Seasoned Beets, and Honey Wheat Bread.	11. Chicken & Cheese Enchiladas, Spanish Rice, Seasoned Pinto Beans, and Warm Spiced Applesauce.	12. Oven-Fried Chicken over Mashed Potatoes with Seasoned Pumpkin, and Steamed Green Peas.	13. Cornmeal Crusted Whitefish over Yellow Rice, Lima Beans, Fresh Cole Slaw and Honey Wheat Bread.
16. Italian Baked Chicken over Egg Noodles, Green Beans Almondine, Stewed Tomatoes, and Honey Wheat Bread.	17. Classic Spaghetti with Meatballs, Steamed Green Peas, Seasoned Zucchini, and Honey Wheat Bread.	18. Fluffy Cheese Omelet with O'Brien Potatoes, Warm Pear Compote, and Honey Wheat Bread.	19. Baked Fish Fillet with Pineapple Salsa over Rice with Red Beans, Spinach, and Honey Wheat Bread.	20. Home Style Beef Stew over Parsley Noodles, with Steamed Corn, Asparagus, and Honey Wheat Bread.
23. Cheese Ravioli with Vegetable Medley, Warm Spiced Applesauce, and Honey Wheat Bread.	24. Hearty Beef Patty with Steak Fries, Baked Beans, Summer Squash Medley, and Honey Wheat Bread.	25. Zesty Fiesta Fish, Macaroni & Cheese, Seasoned Carrots, Green Beans Almondine, and Honey Wheat Bread.	26. Hearty Meatloaf and Mashed Potatoes, with Steamed Corn and Southern-Style Collard Greens.	27. Beef Chow Mein over White Rice, with Steamed Carrots, and Seasoned Grilled Pineapple.
30. Home Style Chicken Pot Pie, with Green Beans, Warm Apple Chutney, and Honey Wheat Bread.	31. Beef Pepper Steak over Rice with Green Beans Almondine, and Parmesan Tomatoes.			<div style="border: 1px dashed black; padding: 5px; text-align: center;"> <p><b>If you have a pet in need of food, contact us for help.</b></p> </div> 

**ALTERNATE MEALS:** Call 747-4655 to substitute one of the meals below for a given day. Please make no more than 2 meal replacements per month, as quantities of the alternate meals are limited. Requests will be fulfilled based on meal availability, and apply to daily hot meals only.

- CHOICES:** #1. Oven Fried Chicken with Mashed Potatoes, Green bean Almondine and Spiced Peaches.  
#2. Vegetable Lasagna with Green Bean Almondine and Roasted Yellow Squash.



## Eat Smart!

“You are what you eat”—so the expression goes. We know that food affects the body and can promote or prevent disease. But did you know that your diet can affect your brain as well? The food you eat can determine concentration, improve memory, decrease stress, and perhaps even prevent brain aging! Here are some tips to help you “eat smart!”

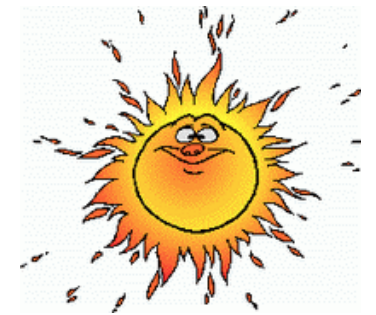
- Carbohydrates like pasta, cereal, and bread can reduce stress and be mentally soothing.
- Fish oils can improve mental performance, so have salmon or tuna before tackling that crossword puzzle!
- Vitamin E and other antioxidants can help repair in the brain and prevent aging.
- A diet of fatty foods and few fruits or vegetables may be a major cause of depression (Aside from being bad for your heart and even being linked to certain cancers!)

*So think about this the next time you make a food choice. Your brain will thank you for it!*

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### *News from Meals on Wheels PLUS...*

Summer is here with a vengeance! The scorching temperatures and strong sunshine can make for a very unpleasant and unsafe environment. Keep in mind these tips to deal with the Florida heat -



- Stay hydrated! Drink plenty of water to avoid dehydration.
- Use sun protection when outside. Be sure to apply sunscreen and wear a hat if you venture out in the heat. It only takes a few minutes in the sun for your skin to burn.
- Do not attempt intense physical activity like yard work (or house work if you don't have air conditioning). Seniors are at high risk for heat stroke or heat exhaustion. Short intervals of work between resting is a safer approach.

Meals on Wheels PLUS wants to keep our clients safe this summer, and all year long! We also want to thank all of our clients for their continuing support of our services. When you make a contribution to Meals on Wheels PLUS, you are helping to ensure that we can continue providing hot meals, transportation, and other important services to our community. If you are unable to contribute, we hope you will consider a future gift through a will or estate plan. There are a wide variety of ways that you can help our programs – and even receive benefits yourself! We would be happy to talk with you about the benefits of planned giving, so call us with any questions. Until then, enjoy the sunny August days, but stay cool!