

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																												
3 LABOR DAY GRAY GOURMET CLOSED	4 TURKEY & PROVOLONE ON A BUN CRANBERRY SAUCE SPINACH MANDARIN ORANGE SALAD APPLE CHOCOLATE PUDDING <table border="1"> <tr> <td>Cal:</td> <td>751</td> <td>Carb:</td> <td>120 g</td> <td>Sod:</td> <td>955 mg</td> </tr> <tr> <td>Fat:</td> <td>18 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>33 g</td> </tr> </table>	Cal:	751	Carb:	120 g	Sod:	955 mg	Fat:	18 g	Fiber:	11 g	Pro:	33 g	5 CHICKEN-FRIED CHICKEN MASHED POTATOES CREAM GRAVY COLLARD GREENS CORNBREAD CHERRY COBBLER <table border="1"> <tr> <td>Cal:</td> <td>1090</td> <td>Carb:</td> <td>132 g</td> <td>Sod:</td> <td>1187 mg</td> </tr> <tr> <td>Fat:</td> <td>41 g</td> <td>Fiber:</td> <td>8 g</td> <td>Pro:</td> <td>50 g</td> </tr> </table>	Cal:	1090	Carb:	132 g	Sod:	1187 mg	Fat:	41 g	Fiber:	8 g	Pro:	50 g	6 SPAGHETTI & MEATBALLS ITALIAN VEGETABLES TOSSED SALAD APRICOTS & WHIPPED CREAM ITALIAN BREAD <table border="1"> <tr> <td>Cal:</td> <td>725</td> <td>Carb:</td> <td>111 g</td> <td>Sod:</td> <td>794 mg</td> </tr> <tr> <td>Fat:</td> <td>19 g</td> <td>Fiber:</td> <td>12 g</td> <td>Pro:</td> <td>31 g</td> </tr> </table>	Cal:	725	Carb:	111 g	Sod:	794 mg	Fat:	19 g	Fiber:	12 g	Pro:	31 g	7 SPINACH CHEESE SQUARES CHATEAU VEGETABLES STRAWBERRIES WHEAT BREAD <table border="1"> <tr> <td>Cal:</td> <td>678</td> <td>Carb:</td> <td>61 g</td> <td>Sod:</td> <td>998 mg</td> </tr> <tr> <td>Fat:</td> <td>33 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>39 g</td> </tr> </table>	Cal:	678	Carb:	61 g	Sod:	998 mg	Fat:	33 g	Fiber:	11 g	Pro:	39 g												
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10 EGG ROLLS RICE PILAF ORIENTAL VEGETABLES PEACH ROYAL FORTUNE COOKIE <table border="1"> <tr> <td>Cal:</td> <td>789</td> <td>Carb:</td> <td>131 g</td> <td>Sod:</td> <td>979 mg</td> </tr> <tr> <td>Fat:</td> <td>18 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>31 g</td> </tr> </table>	Cal:	789	Carb:	131 g	Sod:	979 mg	Fat:	18 g	Fiber:	11 g	Pro:	31 g	11 TACO SALAD ORANGE WEDGE VANILLA ICE CREAM <table border="1"> <tr> <td>Cal:</td> <td>782</td> <td>Carb:</td> <td>92 g</td> <td>Sod:</td> <td>651 mg</td> </tr> <tr> <td>Fat:</td> <td>32 g</td> <td>Fiber:</td> <td>12 g</td> <td>Pro:</td> <td>36 g</td> </tr> </table>	Cal:	782	Carb:	92 g	Sod:	651 mg	Fat:	32 g	Fiber:	12 g	Pro:	36 g	12 BEER-BATTERED FISH HASHBROWN CASSEROLE HERBED GREEN BEANS CARROTS BROWNIE <table border="1"> <tr> <td>Cal:</td> <td>960</td> <td>Carb:</td> <td>90 g</td> <td>Sod:</td> <td>1575 mg</td> </tr> <tr> <td>Fat:</td> <td>47 g</td> <td>Fiber:</td> <td>9 g</td> <td>Pro:</td> <td>49 g</td> </tr> </table>	Cal:	960	Carb:	90 g	Sod:	1575 mg	Fat:	47 g	Fiber:	9 g	Pro:	49 g	13 HAM & CHEESE CASSEROLE ISLAND VEGETABLES RAINBOW SALAD RAISIN BARS DINNER ROLL <table border="1"> <tr> <td>Cal:</td> <td>773</td> <td>Carb:</td> <td>117 g</td> <td>Sod:</td> <td>843 mg</td> </tr> <tr> <td>Fat:</td> <td>22 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>30 g</td> </tr> </table>	Cal:	773	Carb:	117 g	Sod:	843 mg	Fat:	22 g	Fiber:	11 g	Pro:	30 g	14 CHEF SALAD WHOLE WHEAT CRACKERS SPICED APPLES <table border="1"> <tr> <td>Cal:</td> <td>785</td> <td>Carb:</td> <td>78 g</td> <td>Sod:</td> <td>1152 mg</td> </tr> <tr> <td>Fat:</td> <td>37 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>41 g</td> </tr> </table>	Cal:	785	Carb:	78 g	Sod:	1152 mg	Fat:	37 g	Fiber:	11 g	Pro:	41 g
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24 LEMON-BAKED FISH BROWN RICE GRAPEFRUIT PEA & CHEESE SALAD CHEESE BISCUIT OATMEAL RAISIN COOKIE <table border="1"> <tr> <td>Cal:</td> <td>899</td> <td>Carb:</td> <td>114 g</td> <td>Sod:</td> <td>980 mg</td> </tr> <tr> <td>Fat:</td> <td>29 g</td> <td>Fiber:</td> <td>10 g</td> <td>Pro:</td> <td>50 g</td> </tr> </table>	Cal:	899	Carb:	114 g	Sod:	980 mg	Fat:	29 g	Fiber:	10 g	Pro:	50 g	25 BEEF STROGANOFF over POTATOES SCANDINAVIAN VEGETABLES UNDER THE SEA FRUIT GELATIN ORANGE WHEAT BREAD <table border="1"> <tr> <td>Cal:</td> <td>816</td> <td>Carb:</td> <td>105 g</td> <td>Sod:</td> <td>558 mg</td> </tr> <tr> <td>Fat:</td> <td>29 g</td> <td>Fiber:</td> <td>10 g</td> <td>Pro:</td> <td>37 g</td> </tr> </table>	Cal:	816	Carb:	105 g	Sod:	558 mg	Fat:	29 g	Fiber:	10 g	Pro:	37 g	26 CHICKEN FRICASSEE PEAS & CARROTS RAINBOW SALAD SPICED PLUMS WHEAT BREAD PEANUT BUTTER COOKIE <table border="1"> <tr> <td>Cal:</td> <td>809</td> <td>Carb:</td> <td>93 g</td> <td>Sod:</td> <td>893 mg</td> </tr> <tr> <td>Fat:</td> <td>22 g</td> <td>Fiber:</td> <td>12 g</td> <td>Pro:</td> <td>60 g</td> </tr> </table>	Cal:	809	Carb:	93 g	Sod:	893 mg	Fat:	22 g	Fiber:	12 g	Pro:	60 g	27 BBQ PORK RIBLET BAKED SWEET POTATO BROCCOLI WALNUT RAISIN SALAD APPLE BISCUIT <table border="1"> <tr> <td>Cal:</td> <td>849</td> <td>Carb:</td> <td>100 g</td> <td>Sod:</td> <td>1172 mg</td> </tr> <tr> <td>Fat:</td> <td>31 g</td> <td>Fiber:</td> <td>10 g</td> <td>Pro:</td> <td>44 g</td> </tr> </table>	Cal:	849	Carb:	100 g	Sod:	1172 mg	Fat:	31 g	Fiber:	10 g	Pro:	44 g	28 MEATLOAF MASHED POTATOES & GRAVY CAULIFLOWER & BROCCOLI MIX ALMOND PEACHES DINNER ROLL <table border="1"> <tr> <td>Cal:</td> <td>954</td> <td>Carb:</td> <td>94 g</td> <td>Sod:</td> <td>823 mg</td> </tr> <tr> <td>Fat:</td> <td>42 g</td> <td>Fiber:</td> <td>10 g</td> <td>Pro:</td> <td>53 g</td> </tr> </table>	Cal:	954	Carb:	94 g	Sod:	823 mg	Fat:	42 g	Fiber:	10 g	Pro:	53 g
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MEALS INCLUDE 1% MILK \$3.50 is the suggested donation for age 60+. Cost for under age of 60 is \$11.00.																																																																

Home Delivery Customers

Meals Delivered Between 10:30 a.m. and 12:30 p.m. Call 243-9844 ext. 5 if you need to make a change in your service. If you have not received your meal by 12:45 p.m., call the number above.



Dining Sites

Meals are served at 12 Noon on the days listed below:

- Senior Recreation Center-550 Ouray Ave. G.Jct. (M,Tu,W,F)
- Monterey Park Apts.-999 Bookcliff Ave., G.Jct. (M-F)
- Ratekin Tower Apts.-875 Main St., G.Jct. (M-F)
- Grand View Apts.-1501 N 1st St., G. Jct. (M,Tu,W,Th)
- Fruita Community Center-324 N. Coulson, Fruita (M,Tu,W,F)
- Clifton Community Hall-126 2nd St., Clifton (M,W,Th,F)
- Mesa Community Center-48973 KE Rd., Mesa (Tue)
- Palisade Community Center-120 W. 8th St., Palisade (Tue)
- Collbran Congregational Church-2003 High St., Collbran (Wed)

Reservations & cancellations are required at least one day in advance - no later than 4:00 the business day before.
 Call on Friday for Monday reservation. 243-9844

"I find that the harder I work the more luck I seem to have."



Thomas Jefferson
(1743-1826)

We have found a new frozen meal distributor in hopes of fixing some issues we have had receiving our frozen meals for our weekend customers. We've received excellent feedback from you about the taste and quality of these new meals. One major difference is that they come in packs of five, rather than two. This means clients will receive a delivery every *other* week, with an off week every third delivery. You will have to save three meals in your freezer with each delivery, and only eat them on the weekend when you don't receive a box. The weeks are marked on the menu as **blue** and **orange**. We will keep track on our end to be sure you are getting the meals you should.

What is in the mixed vegetables?



- Italian** - zucchini, carrots, cauliflower, Italian green beans, lima beans
- Chateau** - broccoli, cauliflower, carrots, yellow squash, zucchini
- Oriental** - broccoli, green beans, onions, mushrooms, red peppers
- Island** - carrots, green beans, broccoli, red peppers
- Italian Bean** - broccoli, cauliflower, carrots, green beans, lima beans, red peppers
- 5-Way** - carrots, peas, corn, green beans, lima beans
- Scandinavian** - peas, zucchini, carrots, green beans

This food and health information is from Gray Gourmet's dietitian:

Holly, our dietitian, monitors our compliance with state guidelines for key nutrients such as vitamin C, sodium, calcium, fiber, and more. Please call 243-9844 ext. 6 for nutrition questions or for nutrition counseling services. Her assistance is free.

Herbs

Most of us know that herbs add wonderful aroma and flavor to our favorite foods. But, did you know that they also offer nutritional benefits as well? Whether you eat dried or fresh herbs, you are getting antiseptic, antibacterial, and antioxidant benefits that can improve your overall health.

Many herbs contain vitamins and minerals such as iron, vitamin A, and calcium. Herbs have been shown to improve cognitive function, bowel health, and reduce the risk of cancer. They reduce inflammation, boost immunity, and decrease the risk for heart disease. Herbs are diverse and can help fight colds, pain and infection. They promote healthy skin, healthy hair, and healthy bones. Try looking up the health benefits of your favorite herb.

You may be surprised on how many ways that herbs can improve your health while adding great tastes and aromas to your meals!



Guest Fee's

There are some major changes to the administrative side of the program from the State and Federal governments. There are some things we had some control over in the past that we no longer do. One of those things was how much the fee for the cost of meals for people under the age of 60 will be. **As of July 1, the guest fee is now \$11.00.** Again, this is decided by calculations of the State of Colorado.

This in no way effects the voluntary contribution that we ask of our over 60 clients. The voluntary contribution will remain for the foreseeable future at \$3.50.

graygourmet.org



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SEPTEMBER 2018 "What's cooking with senior nutrition in Mesa County!"

The Scoop

SEPTEMBER PRESENTATIONS AT GRAY GOURMET DINING SITES

- ◆ **Senior Recreation Center** - Wednesday, September 12 - Elaine Calabro will give a presentation on the "Battle of Stony Point Revolutionary War, Hudson Valley" starting at 11:30 a.m., lunch to follow at 12:00 p.m. **Lunch reservations needed by 4:00 p.m., Monday, September 10 - call 243-9844.**
- ◆ **Mesa Community Center** - Tuesday, September 18 - Holly Krouse (Gray Gourmet's dietitian), will give a presentation on "Following a Healthy Diet", starting at 11:30 a.m., lunch to follow at 12:00 p.m. **Lunch reservations needed by 4:00 p.m., Friday, September 14 - call 243-9844.**
- ◆ **Fruita Community Center** - Wednesday, September 19 - Elaine Calabro will give a presentation on the "Battle of Stony Point Revolutionary War, Hudson Valley" starting at 11:30 a.m., lunch to follow at 12:00 p.m. **Lunch reservations needed by 4:00 p.m., Monday, September 17 - call 243-9844.**
- ◆ **Grand View Apartments** - Wednesday, September 26 - Terri Ahern will present a photo exhibit - on the "National Monument - Then & Now". Lunch to follow at 12:00 p.m. **Lunch reservations needed by 4:00 p.m., Monday, September 24 - call 243-9844.**



STAFF FAVORITE

This month's staff favorite comes from Jade Willis who works in our kitchen. She loves the Taco Salad that we are serving on September 11. "I grew up eating Mexican food and I'm a big fan of tacos! I love how the salad makes it a little healthier but I still get the cheese and sour cream that I love."

"We recently changed how we packaged the meal because we were getting a lot of feedback about the chips not staying crunchy. By adding the corn into the meat mixture we are able to keep things more separate so they stay tastier! I'm also really glad we started serving ice cream which is the perfect dessert to go with the salad!"