





August 2011

Mon	Tue	Wed	Thu	Fri
1 Marinated Pork Mashed Potatoes/Gravy Stewed Tomatoes MBB, Fruit	2 Chicken and Biscuits Harvard Beets MB, Fruited Bavarian 	3 Spanish Rice Corn, MB Italian Bread Pudding Parfait	4 Roast Beef w/Gravy Mashed Potatoes/Gravy Spinach, Muffin MB, Fruit	5 Macaroni and Cheese Green Beans, MBB Dinner Roll Assorted Dessert
8 Creamed Chip Beef over Biscuits Mixed Vegetables, MB Fruit	9 Meatloaf w/Gravy Mashed Potatoes/Gravy Broccoli, Dinner Roll MB, Fruit Crisp	10 Cook's Choice 	11 Egg, Cheese, Sausage Casserole Apple/Carrot Bake Hash Browns, MB Fruit Salad	12 Savory Baked Fish Rice Pilaf, Squash, MBB, Assorted Dessert
15 Goulash Peas, Dinner Roll, MB Fruit Pie 	16 Meat/Cheese Sub Potato Salad Coleslaw, Milk Frosted Cake	17 Cheeseburger Tatar Tots Buttered Carrots MB, Fruit	18 Sweet & Sour Pork over Rice Oriental Vegetables MBB, Fruited Jell-O w/Topping	19 Tuna Salad Cold Plate, Macaroni Salad Pickled Beets, MBB Assorted Dessert
22 Breaded Fish Sandwich Stewed Tomatoes Seasoned Potatoes Milk, Fruit Salad	23 Pizza Italian Mixed Vegetables Baked Slice Apples, Milk Cookie	24 Cook's Choice 	25 Julienne Salad Dressing Dinner Roll, MB Fruit Crumble	26 BBQ Chicken Pasta Salad California Mixed Vegetables MBB, Assorted Dessert
29 Ham, Au gratin Potatoes, Squash, MBB Cinnamon Applesauce	30 Chicken & Gravy over Noodles Spinach, MB, Dinner Roll, Fruit Cobbler	31 Cabbage Roll Casserole Corn, MB, Fruited Jell-O w/topping	9/1 Spaghetti w/ Meat Sauce Italian Mixed Vegetables, MBB Pudding Parfait	9/2 Savory Baked Fish Creamy Rice Green/Yellow Beans MBB, Assorted Dessert

ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION PROGRAM FOR THE ELDERLY
 Food & Friendship Centers Located in Brasher, Canton, DeKalb, Edwards, Morristown, Ogdensburg, Potsdam and Star Lk.
 Suggested Donation: \$3.00 (age 60 +) Guest Fee \$5.00 (Under 60)
 MENU IS SUBJECT TO CHANGE WITHOUT ADVANCE NOTICE.
 For more information contact DIANA McCORMICK (386-4730)

ST. LAWRENCE COUNTY OFFICE FOR THE AGING

AUGUST 2011 NUTRITION UPDATE

SAFE TIPS FOR SUMMER PICNICS

With summer weather come summer picnics. To ensure that the fun doesn't get spoiled by food-borne illness, here are a few tips to keep your summer picnic safe:

- As soap and running water may be in short supply at the picnic site, keep a container of pre-moistened towelettes in your picnic basket so that all food handlers and picnickers can clean their hands before handling food.
- Use that darling wicker basket to carry plates, flatware, napkins, bread, and bug spray but be sure to transport all chilled foods in thermal coolers with ice packs. Place coolers in the shade and make sure that you have enough ice to keep the contents cold until the food is either consumed or returned to a refrigerator.
- Don't pre-cook meats ahead of time to "finish" on the grill. Either cook them completely at home and chill them before they go into the cooler or pack them uncooked and cook them thoroughly on site.
- When rewarming previously-cooked foods, be sure they are thoroughly and evenly heated before serving.
- Foods such as cut vegetables, whole fruit, olives, pickles, hard cheese and condiments can be safely left out for two or three hours. More perishable items like dips, sandwiches, and salads should be kept chilled until they are served.
- Wash the rind of melons carefully before cutting them up to minimize the transfer of bacteria from the outside of the fruit. Toss cut fruit with a bit of lemon juice and keep chilled until serving.

And finally, a word about mayonnaise, which has an undeserved reputation for being common source of food poisoning. That may have been true in Grandma's day, when mayonnaise was typically made from scratch, often from unpasteurized eggs. Commercially-prepared mayonnaise-type salad dressings, on the other hand, are made with pasteurized eggs. What's more, they contain acids (such as vinegar) and other ingredients that actually retard the growth of bacteria.

In other words, adding mayonnaise can actually make your salads **SAFER**. Nonetheless, keep them chilled until you eat them and discard any left-over's that have been out of the cooler for longer than an hour.

Have a safe and enjoyable summer!!

FRESH THICK STRAWBERRY SMOOTHIES

Try this smoothie recipe. Strawberries are nutritious, high in vitamin C, folic acid, potassium and fiber. This contains about 46 calories per cup.

6 large strawberries
½ cup favorite yogurt
½ cup vanilla or strawberry ice cream
½ cup whole milk

Directions:

First blend strawberries and milk together until well blended. Then add ice cream and yogurt and whip just a little so smoothie remains thick.