



June 2011

Mon	Tue	Wed	Thu	Fri
5/30 Memorial Day	5/31 BBQ Chicken A gratin Potatoes California Mixed Vegetables MBB, Fruit	1 Julienne Salad Roll MB Cream Pie	2 Sloppy Jo's Tator Tots Cauliflower MB Pudding Parfait	3 Vegetable Lasagna Italian Mixed Vegetables Muffin, MB Assorted Dessert
6 French Toast with Syrup Sausage Warm Cinnamon Applesauce MB, Fruit Juice Pudding with Topping	7 Taco Pie Chuck Wagon Corn MB Fruited Jell-O with Topping	8 Cook's Choice 	9 Fish Sandwich Macaroni and Cheese Stewed Tomatoes Milk Fruit Crisp with Topping	10 Hot Dog Potato Salad Buttered Carrots MB Assorted Dessert
13 Chicken Tenders with Dipping Sauce Parslied Potatoes Green Beans, MBB Fruit Salad	14 Savory Pork with Gravy Mashed Potatoes and Gravy Brussel Sprouts, MBB Cheese Cake with Fruit Topping	15 Meat Loaf Mashed Potatoes and Gravy, Spinach Dinner Roll MB Frosted Cake	16 Meat Salad Cold Plate, Pasta Salad Pickled Beets Roll MB Fruited Yogurt	17 Pizza Italian Mixed Vegetables Baked Sliced Apples Milk Assorted Dessert
20 Philly Steak Subs with Cheese, Peppers, Onions, and Mushrooms Tator Tots, Peas/Carrots MB, Fruit Salad	21 BBQ Pork on Bun Coleslaw, Chips, Milk Chocolate Mousse	22 Cook's Choice 	23 Tuna Boat Pasta Salad Broccoli Salad Milk, Cookie	24 Shake and Bake Chicken Assorted Potato California Mixed Vegetables, MBB Assorted Dessert
27 Spaghetti w/ Meat Sauce Mixed Vegetables, Italian Bread, MB, Fruit	28 Seasoned Baked Fish Rice Pilaf, Assorted Vegetables, Muffin, MBB, Fruit Pie	29 Beef Stroganoff over Noodles, Summer Squash, MBB, Brownie	30 Meat/Cheese Subs Chips, Carrot Salad, Milk, Homemade Cookie	7/1 Cottage Cheese Fruit Plate, Muffin, MB, 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 Lake
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

JUNE 2011 NUTRITION UPDATE

SCRUMPTIOUS SAUERKRAUT-STUFFED SLOW-COOKED PORK ROAST

“As the roast slowly cooks, the tangy flavors of the sauerkraut permeate the pork in this quick and simple, slow-cooked recipe.”

INGREDIENTS:

1 (3 pound) boneless pork roast 1 (14.5 ounce) can sauerkraut, drained

DIRECTIONS:

1. Place pork roast on a cutting board. With a sharp knife, cut a 5-inch slit into the top of the roast, being careful not to cut clear through to the bottom of the roast. Spoon the sauerkraut into the pork roast, pressing it into the slit with the bottom of the spoon.
2. Place the roast in the slow cooker, and cook on Low for 8 to 9 hours.

Prep Time: 10 minutes

Ready In: 9 Hours 10 minutes

Cook Time: 9 hours

Servings: 6

PROBIOTICS AND THE IMMUNE SYSTEM

Probiotics are yeast or bacterial organisms that exist in our intestines and have many health benefits. Health professionals continue to learn more about the immune-supporting aspects of these “beneficial bacteria.”

What can probiotics do for me?

Scientists have only recently begun to scratch the surface of what probiotics can do, such as unmasking some of the mechanisms that help with the immune system. One way probiotics do this is by competing with pathogenic microorganisms on binding sites of mucosal surfaces. Examples of these surfaces are our mouth, nose, throat and gastrointestinal tract.

Probiotics have been shown to produce small amounts of vitamin K and B vitamins. Additionally, they are able to produce chemicals that inactivate or even kill some pathogens. There’s also evidence that simply ingesting probiotics stimulates the body’s immune system as it reacts to the yeast or bacteria.

How can I obtain probiotics in my diet?

All fermented foods contain probiotics. These include kefir, yogurt, kimchi, sauerkraut and miso. Many of these foods also contain “pre-biotics” or flora; substances that help beneficial bacteria grow.

What are the different forms and how many do I need?

Aside from food, you can obtain probiotics in powder, tablet, liquid or capsule form. There are also many different strains.

Do I really need to keep probiotics in the fridge?

Yes and no. Any high-quality probiotic supplement should be shelf-stable for at least two weeks outside of the refrigerator. Keeping them in the fridge will keep the microorganisms alive longer.