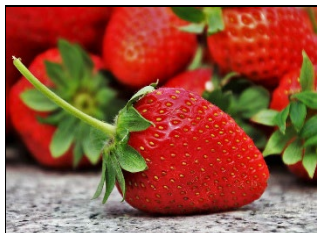


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast is offered in the community room, Monday through Friday, 9-10am. Reservations required.				1 Apple Fritter Yogurt Cereal 100% Fruit Juice <i>Cals: 740, Carb: 110g, Sod: 565 mg</i>
4 Whole Grain Waffle Yogurt w/Granola Oatmeal Fruit Instant Breakfast Shake <i>Cals: 666, Carb: 120g, Sod: 625mg</i>	5 Egg & Cheese Sandwich On English Muffin Oatmeal 100% Fruit Juice Instant Breakfast Shake <i>Cals: 612, Carb: 95g, Sod: 800 mg</i>	6 Banana Breakfast Bread Yogurt Fruit Cereal <i>Cals: 665, Carb: 115gm, Sod: 540mg</i>	7 Whole Grain Bagel w/Cream Cheese Yogurt 100% Fruit Juice Instant Breakfast Shake <i>Cals: 654, Carb: 103g, Sod: 655mg</i>	8 Wheat English Muffin w/ Sunbutter Oatmeal Fruit <i>Cals: 660, Carb: 89g, Sod: 545mg</i>
11 Pancake Bites Yogurt 100% Fruit Juice Margarine/Syrup <i>Cals: 640, Carb: 110g, Sod: 505mg</i>	12 Whole Grain Muffin Yogurt Oatmeal Fruit <i>Cals: 630, Carb: 101gm, Sod: 440mg</i>	13 Whole Grain Bagel w/Cream Cheese 100% Fruit Juice Instant Breakfast Shake <i>Cals: 550, Carb: 80g, Sod: 600mg</i>	14 Breakfast Empanada Yogurt Oatmeal Fruit <i>Cals: 620, Carb: 97g, Sod: 610mg</i>	15 Apple Fritter Yogurt Cereal 100% Fruit Juice <i>Cals: 740, Carb: 110g, Sod: 565 mg</i>
18 Whole Grain Waffle Yogurt w/Granola Oatmeal Fruit Instant Breakfast Shake <i>Cals: 666, Carb: 120g, Sod: 625mg</i>	19 Egg & Cheese Sandwich On English Muffin Oatmeal 100% Fruit Juice Instant Breakfast Shake <i>Cals: 612, Carb: 95g, Sod: 800 mg</i>	20 Banana Breakfast Bread Yogurt Fruit Whole Grain Cereal <i>Cals: 665, Carb: 115g, Sod: 540mg</i>	21 Whole Grain Bagel w/Cream Cheese Yogurt 100% Fruit Juice Instant Breakfast Shake <i>Cals: 654, Carb: 103g, Sod: 655mg</i>	22 Wheat English Muffin w/Sun Butter Spread Oatmeal Fruit <i>Cals: 660, Carb: 89g, Sod: 545mg</i>
25 Memorial Day Holiday No breakfast	26 Pancake Bites Yogurt 100% Fruit Juice Margarine/Syrup <i>Cals: 640, Carb: 110g, Sod: 505mg</i>	27 Whole Grain Bagel w/Cream Cheese 100% Fruit Juice Carnation Instant Breakfast <i>Cals: 550, Carb: 80g, Sod: 600mg</i>	28 Breakfast Empanada Yogurt Oatmeal Fruit <i>Cals: 620, Carb: 97g, Sod: 610mg</i>	29 Apple Fritter Yogurt Cereal 100% Fruit Juice <i>Cals: 740, Carb: 110g, Sod: 565 mg</i>

Reservations for breakfast must be made by 10am **two** business days before the day you plan to eat breakfast, to ensure a meal is available for you. Sign up on clipboard in community room. Breakfast is free for residents, voluntary, confidential donations are welcome, \$2 is suggested but any amount is appreciated. **MENU SUBJECT TO CHANGE WITHOUT NOTICE**



Nutrition Tips for Healthy Living! May 2026 Older American's Month and Plant Based Eating!

HAPPY OLDER AMERICAN'S MONTH!



Meal Heating Instructions

Do NOT use the toaster oven to reheat home delivered meals.

Keep meals in the refrigerator until ready to eat.

Do not leave out in room temperature for more than 2 hours.

Consume or discard a refrigerated meal within 48/hrs.

Conventional Oven – Set oven at 350F. Place meal on cookie sheet, bake for 15-20 minutes maximum.

Microwave - Peel back plastic film to vent steam, reheat for 2 to 3 minutes. Stir for even cooking. Microwave oven times will vary.

Reheat meals until they reach an internal temperature of 165F.

Menu Nutrition Guidelines:

Meals provide one-third the daily recommended intake for older adults.

- Regular diet, no added salt (NAS).
- Calories range from 700-800 calories/meal.
- Total fat no more than 30%/Cals.
- Average sodium per meal 700-900mg for whole meal including side components.
- Entrée over 500mg sodium marked with asterisk (*).
- Sodium totals include milk (105mg), margarine (30mg).

For menu options and nutrition information visit www.eldercare.org

For menu options and nutrition information visit www.eldercare.org

Why plant-based eating?

Plant-Based (or Plant-Forward) eating emphasizes meals centered around fruits, vegetables, whole grains, and non-animal protein sources. Whether you decide to eat vegetarian or just to include more plant-based meals throughout the week, there are many options and variations to meet your individual needs and preference. These tips can help get you started.

1. Eating a variety of colorful fruits and vegetables, such as dark green leafy vegetables, red, orange, and blue/purple choices.
2. Including whole-grain bread, pasta, rice, cereals, crackers, and other grains.
3. For non-animal protein, having peas, beans, nuts/nut butters, seeds, soy products, non-dairy alternatives for milk, cheese, and yogurt.
4. If you choose, you may also include eggs, dairy, and seafood depending on your preference.

Plant-based foods tend to be less processed, lower in sodium, and saturated fat, and higher in vitamins, minerals, antioxidants, and fiber which can benefit your day-to-day health in a big way! Such as helping:

- Control Type II Diabetes
- Reduce the risk of cardiovascular disease
- Lower Blood Pressure and risk of stroke
- Improve Cholesterol
- Weight Management

Plant-Based Tracker Activity:

Track how many times you have a plant-based meal this month below! (Check the box and show your Case Manager!)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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