



# MAY 2019 CONG. MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1/ NO LUNCH SERVED	2/ BBQ MEATBALLS/WG BREAD LIMA BEANS/CARRIBEAN VEG/MANDARIN ORANGES MILK	3/ TUNA NOODLE/WG ROLL MALIBU BLEND/MELON PEAS & CARROTS/MILK
6/ ROAST BEEF/CHEESE WG SUB BUN/3-BEAN SALAD COLE SLAW/BANANA/MILK	7/ SLOPPY JOE/WG BUN REDSKIN POT./GREEN BEANS ORANGE/MILK	8/ NO LUNCH SERVED	9/ SAUSAGE GRAVY/BISCUIT SUCCOTASH VEG/BERRIES MALIBU VEG/ MILK	10/ BREADED FISH/RICE BRUSSEL SPROUT KEY WESTS VEG/PEARS/MILK
13/ CHICKEN SALAD/WG BUN PICKLED BEETS/BROC. SLAW APPLE/MILK	14/ SALISBURY STEAK/WG ROLL MASHED POTATOES/CARROT BLUEBERRIES/MILK	15/ NO LUNCH SERVED	16/ CHILI/WG CORNBREAD KEYWESTS VEG/SPICE PEARS MILK	17/ TACO MEAT/TORTILLA CHEESE/SOUR CREAM REFRIED BEANS/FIESTA CORN/ORANGE/MILK
20/ HAM/CHEESE/WG BREAD BRCOOLI SALAD/BANANA CHERRY TOMATOES/MILK	21/ MACARONI & CHEESE/PEAS CARROTS/WG ROLL/BERRIES MILK	22/ NO LUNCH SERVED	23/ MEATLOAF/GREEN BEANS SWEET MASH POT/PEACHES WG CORNBREAD/MILK	24/ HAMBURGERS/CHEESE/BUN BABY BAKERS/MIXED VEG APPLESAUCE/MILK
27/ HOLIDAY	28/ TURKEY/CHEESE/WG BREAD CUCUMBERS/POT. SALAD APPLE/MILK	29/ NO LUNCH SERVED	30/ TURKEY STEW/WG ROLL BROCCOLI BLEND SPICED PEACHES/MILK	31/ SWEDISH MEATBALLS/RICE WG ROLL/CAULIFLOWER MALIBU VEG/ORANGE/MILK

All meals are served with 1% milk and margarine unless otherwise noted. For more information call (517) 279-8249 or 1-877-422-2726 or visit our website at [www.caascm.org](http://www.caascm.org) \*\*Funded by Area Agency on Aging Region 3B and III-C, Calhoun County Senior Millage, United Way of Greater Battle Creek, Branch County Community Foundation, Branch County United Way, and your generous donations. In accordance with Federal law (Civil Rights Act of 1964) and U.S. Department of Agriculture policy: This institution is prohibited from discriminating on the basis of race, color, religion, national origin, age, sex, sexual orientation, weight, height, marital status, political beliefs or disability. To file a complaint of discrimination, contact: Area Agency on Aging Region 3B, Michigan Offices of Services to the Aging, US Department of Health and Human Services, Michigan Department of Civil Rights, or write USDA, Director, Office of Civil Rights, 1400 Independence Ave S.W., Washington, D.C. 20250-941 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY).

\*\*\*\*\***MENU SUBJECT TO CHANGE**\*\*\*\*\*

# AVOCADO FACTS & FUN - Ripe when soft

## BRUSSELS SPROUTS, RED PEPPER, AND AVOCADO SALAD

(from Country Living)

Yields: 8 servings

Total time: 20 min

Prep time: 10 min

### Ingredients:

- 1 pound Brussels sprouts, trimmed
- 1 cup orange juice (about 3 oranges)
- 1/2 cup light olive oil (or canola oil)
- 1/2 cup balsamic vinegar (you can also use lemon juice)
- 2 tablespoons brown sugar
- 2 small red onions, thinly sliced (or sweet onion)
- 1/4 cup chopped fresh cilantro
- 1 avocado diced
- 2 roasted red peppers, diced (optional, you can always replace with other favorite veggie)
- salt, ground pepper

### Directions:

1. Bring a large pot of water to a boil over high heat. Remove outer leaves of Brussels sprouts and discard cores. Fill a bowl with ice water. Blanch (drop in hot water) leaves in boiling water until bright green, about 40 seconds. Remove and drop in ice water until cool, 15 to 30 seconds. Drain leaves on paper towels and blot dry.
2. In a medium bowl, whisk together juice, oil, vinegar, sugar, onions, and cilantro
3. Place Brussels sprouts leaves, avocado and red pepper in serving dish. Drizzle dressing over salad. Season with salt and pepper. Toss and combine

DID YOU KNOW:- THE OLDEST EVIDENCE OF AVOCADO WAS FOUND IN A CAVE LOCATED IN MEXICO THAT DATES AROUND 10,000 BC?

- AVOCADO IS GROWN IN: MEXICO, INDONESIA, US, COLOMBIA, BRAZIL, CHILE, DOMINICAN REPUBLIC, PERU, CHINA, AND ETHIOPIA

- AVOCADO RIPENS IN A FEW DAYS AT ROOM TEMPERATURES (FASTER IF STORED

## Nutrition Facts

Serving Size: 1 avocado, NS as to Florida or California

Amount Per Serving

Calories from Fat 265

**Calories 322**

	% Daily Values*
<b>Total Fat</b> 29.47g	<b>45%</b>
Saturated Fat 4.273g	<b>21%</b>
Polyunsaturated Fat 3.65g	
Monounsaturated Fat 19.696g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 14mg	<b>1%</b>
<b>Potassium</b> 975mg	
<b>Total Carbohydrate</b> 17.15g	<b>6%</b>
Dietary Fiber 13.5g	<b>54%</b>
Sugars 1.33g	
<b>Protein</b> 4.02g	

Vitamin A 6%

Vitamin C 34%

Calcium 2%

Iron 6%

\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

There are over 500 varieties of avocados! One popular type is called "Bacon" (though this is much healthier than the meat by the same name).

