



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 CLOSED Labor Day Please call if you would like a frozen meal for this day. 802-888-5011</p>	<p>3 WG Spaghetti with Meat Sauce VT Beef, Roasted Zucchini, Warm Blueberry Bread Pudding</p>	<p>4 <u><i>Frozen Meal of the Week</i></u> Ham & Cheese Quiche, Rosemary Potato Barrels, Diced Tomatoes, Glazed Garbonzo Beans, Happy Birthday Chocolate Cake</p>	<p>5 Stuffed Pork Chops with Gravy & 1/2 Baked Potato, Capri Vegetable, Steamed Broccoli, WG Sliced Bread</p>	<p>6 Potato Salad Plate with Ham Rollup, Fresh Berries, Fresh Pepper Strips, WG Oatmeal Rounds</p>
<p>9 Stuffed Shells with Marinara Sauce, Tuscan Vegetables, Warm WG Dinner Roll, Gel Strawberry Fruit Cup</p>	<p>10 Sloppy Joe w/ VT Beef over Baked Sweet Potato, Fiesta Lime Corn, Warm Peach Crisp</p>	<p>11 <u><i>Frozen Meal of the Week</i></u> BBQ Grilled Chicken Thighs Garlic Mashed Potatoes, Five Way Vegetables Diced Carrots, WG Blueberry Muffin</p>	<p>12 American Chop Suey with VT Beef, Seasoned Spinach, Manaco Blend Vegetables, WG Sliced Bread</p>	<p>13 Chef Salad Boat with Turkey & Ham, Side Ranch Dressing, Strawberry Shortcake</p>
<p>16 WG Potato Crusted Fish, Lemon Parsley Couscous, Diced Carrots, Capri Vegetables, 100% Juice</p>	<p>17 Mild Garden Chili with VT Beef, Seasoned Broccoli, Warm Corn Bread</p>	<p>18 <u><i>Frozen Meal of the Week</i></u> Pot Roast with Potatoes, Carrots & Gravy, Green Beans, Spiced Peaches, WG Garlic Bread</p>	<p>19 WG Pasta Primavera (<i>spinach, tomatoes, pasta, parm</i>, Five Way Vegetable, Warm WG Dinner Roll, Fresh Banana</p>	<p>20 Chicken Salad Sandwich Plate on WG Crossiant, Cucumber Salad, Fresh Grapes, Coconut Pudding Parfait</p>
<p>23 Chicken Royale Over Rice Pilaf, Diced Carrots, Steamed Beets, Apple Peach Mango Sauce</p>	<p>24 Turkey Potpie (<i>peas, carrots, gravy, puff pastry</i>), Winter Squash, Warm Apple Crisp</p>	<p>25 <u><i>Frozen Meal of the Week</i></u> Marinated Pork Roast, Mashed Potatoes & Gravy Seasoned Corn, Capri Blend Vegetables, WG Dinner Roll</p>	<p>26 Spinach & Cheese Quiche, Rosemary Potato Barrels, Seasoned Black Beans, Glazed Carrots, WG Blueberry Muffin</p>	<p>27 Chicken Caesar Salad Boat, Side Caesar Dressing WG Banana Bread, Fresh Seasonal Fruit</p>
<p>30 Orange Chicken over WG Rice Pilaf, Steamed Broccoli, Diced Carrots, Mango Cups</p>				

A friendly reminder that we cannot leave your meal in a cooler.

If you will not be home to receive your meal, please call MOW to make other arrangements. 802-888-5011 ext. 0

***Menu Subject to Change**



1 Eat these brain power foods often:

- Leafy Greens
- Berries and Cherries
- Whole Grains
- Fish



2 Exercise regularly.

Aim for **150** minutes of moderate activity or **75** minutes of vigorous activity per week.



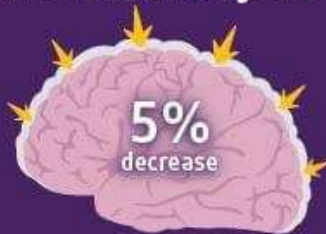
3 Get enough sleep.

Aim for **7-9** hours per night.



Brain volume

declines **5%** after age **40**



40%
of dementia cases can be prevented or delayed

Source: <https://www.cdc.gov/aging/publications/nationaldemantiaandnormalaging.html>

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RECIPE: Chocolate peanut butter bars
SERVES: 4

- 1 c unsalted butter, melted
- 2 c crushed graham cracker (approx. 8 crackers)
- 2 c confectioners sugar
- 3 c peanut butter
- 1 1/2 c chocolate chips

In a medium bowl, mix together butter, graham cracker crumbs, sugar, and 2 c of peanut butter until blended. Press evenly into the bottom of ungreased 11" baking pan. Melt chocolate chips in double boiler, microwave or pan. Once melted, stir in remaining peanut butter over low heat. Stir until smooth. Spread over prepared crust. Refrigerate for one hour, then cut into bars and enjoy!

RECIPE: Summer Soup
SERVES 4

- 2 Tbsp extra virgin olive oil
- 1 medium yellow onion, diced
- 2 medium carrots, diced
- 1 medium zucchini, diced
- 2 cloves garlic, pressed
- 1 tsp Italian seasonings
- 1 Qt vegetable broth
- 2 cans cannellini beans, drained and rinsed
- 1 can diced tomatoes
- 3 c chopped kale
- 2 tps salt
- 1 tsp black pepper
- 1 Tbsp white sugar
- 1 tablespoon white wine
- 1 Tbsp vinegar

Add olive oil to a large soup pot or Dutch oven and sauté garlic, onions, carrots, and zucchini. Add Italian seasonings and sauté 7 min. Stir in broth, beans, and tomatoes. Bring the contents to a boil, then turn the heat down to low and add chopped kale. Cover the pot and simmer for 15 min. Add salt, pepper, sugar and vinegar. Taste and adjust as needed.