



St. Joseph Community Services, Inc. For a complete list of our Community Dining & Meals On Wheels sites, please turn page over.

LEGEND: SR = Salt Restricted, DB = Diabetic, Ch 1 = Choice 1 meal, Ch 2 = Choice 2 meal

FEBRUARY 2012 MENU Please return your menu to the driver by January 14, 2012 Site# _____ Rte# _____ CLIENT: _____

Monday	Tuesday	Wednesday	Thursday	Friday
1/30) Meatball Stroganoff over Noodles Peas Cauliflower Garlic Wheat Roll Seasonal Fruit	1/31 CH 1) Turkey a la King CH 2) Liver & onions w/ Gravy Mashed Potatoes Carrots Wheat Bread Chocolate Chip Cookie	1) BBQ Cranberry Beef Corn Chowder Spinach Bulky Roll Seasonal Fruit 	2) Orange Chicken over Veggie Lo Mein Mandarin Blend Vegetables Wheat Bread Fortune Cookie Pineapple Cake w/ Topping Chinese New Year	3) CH 1 Breaded Chicken Filet CH 2 Potato Crusted Fish w/ Tartar Sauce Mashed Sweet Potato Coleslaw Honey Wheat Roll Ginger Cookie
6) Beef Stew French Style Green Beans Biscuit Pecan Pie	7) CH 1 Veal Marsala CH 2 Ham (Not for SR) w/ Pineapple Sauce Creamed Spinach Mashed Potatoes Pumpnickel Roll Seasonal Fruit	8) Turkey Salisbury Steak w/ Gravy Carrots Scalloped Potatoes Oatmeal Bread Bread Pudding	9) Beef Chili Beets Honey Wheat Roll Ambrosia	10) CH 1 Italian Breaded Chicken CH 2 Baked Fish Fillet w/ Lemon Dill Sauce Au Gratin Potatoes Stewed Tomatoes Wheat Bread Seasonal Fruit
13) Mac & Cheese Green Beans Chef Blend Oatmeal Bread Canned Peaches	14) CH 1 Chicken Stew CH 2 Tomato Onion Quiche (Not for SR) Brussels Sprouts Biscuit Oatmeal Raisin Cookie	15) VALENTINES SPECIAL Roast Beef w/ Horseradish Sauce Red Bliss Mashed Potatoes Orange Caramelized Baby Carrots Red Velvet Cake Honey Wheat Dinner Roll 	16) Roast Pork w/ Gravy Mashed Potatoes Broccoli Wheat Bread Chocolate Pudding	17) CH 1 Eggplant Rolette w/ Marinara CH 2 Crab Cake on warm Caribbean Chutney Cauliflower Wheat Roll Fruited Jell-O w/ Topping
20) CLOSED IN OBSERVANCE OF PRESIDENT'S DAY Frozen Meal: Country Style Penne w/Pork Sausage Mixed Vegetables Honey Wheat Roll Sugar Cookie	21) Chicken Breast w/ Garlic Wine Sauce Chef Blend Vegetables Pear and Squash Bisque Wheat Bread Seasonal Fruit	22) CH 1 Pork Cassoulet CH 2 Turkey Tetrazini Cauliflower Pumpnickel Roll Pumpkin Chip Cookie	23) Meatloaf w/ Gravy Mashed Potatoes Peas Garlic Wheat Roll Seasonal Fruit	24) CH 1 Beef Burgundy CH 2 Fish Stew Sweet Potatoes Oatmeal Bread Spice Cake w/ Icing

WEEKEND MEALS will be delivered on THURSDAYS - In order to give you the freshest quality meals, our weekend meals are prepared fresh and then frozen at the local kitchen by our caterer.

Administrative Office 395 D. W. Highway, P O Box 910 Merrimack, NH 03054

WEB: www.mealsonwheelsnh.org Email: mealsonwheels@sjcsinc.org **REQUESTED DONATION PER MEAL \$2.00**

FRIENDLY REMINDER: If you will not be home to receive your meal please call your Site Coordinator with as much notice as possible

COMMUNITY DINING CENTERS & MEALS ON WHEELS

NASHUA-SENIOR ACTIVITY CENTER / SULLIVAN TERRACE COORDINATOR-STEVE-	PHONE :882-2106
SULLIVAN TERRACE COMMUNITY DINING CONTACT : REBECCA	PHONE: 883-1459
PELHAM SENIOR CENTER CONTACT- SUSAN	PHONE:635-3800
MANCHESTER-CARPENTER CENTER COORDINATOR-JACK-	PHONE: 669-1699
^{1ST} CONGREGATIONAL CHURCH COMMUNITY DINING CONTACT-JACK	PHONE: 669-1699
MANCHESTER-WILLIAM B. CASHIN CENTER COORDINATOR-CAROL	PHONE: 668-0254
MILFORD-VFW HALL COORDINATOR- CHUCK	PHONE: 673-4094
GOFFSTOWN-THE MEETING HOUSE COORDINATOR-CHUCKIE	PHONE: 497-4633
GREENVILLE-FALLS/PETERBOROUGH COORDINATOR-CATHY	PHONE: 878-3109
MERRIMACK- JOHN O'LEARY ADULT CENTER COORDINATOR- MICHELLE	PHONE: 424-2100
HUDSON-LIONS CLUB COORDINATOR- DANI	PHONE: 594-1155
ANTRIM- FIRST PRESBYTERIAN CHURCH COORDINATOR-FRANK-	PHONE:588-3069
HILLSBOROUGH: SMITH MEMORIAL CONGREGATIONAL CHURCH COORDINATOR-LAURA-	PHONE-464-3553
HOLLIS- HOLLIS SENIORS CLUB CONTACT: HONI GLOVER	PHONE: 465-2262
TRANSPORTATION FOR COMMUNITY DINING IS AVAILABLE AT: MANCHESTER SITES-669-1699 MERRIMACK SITE 424-2100	

Importance of Water

Cold weather tends to make us crave hot drinks like hot chocolate, but we should not forget the importance of getting the right amount of water every day. Eight glasses of water per day is enough to replenish the fluids we lose throughout the day. Follow these tips to drink more water throughout your day:

- Carry water with you everywhere in a water bottle.
- Add lemons or limes to your water for added flavor.
- Eat water-rich foods like watermelons or tomatoes

Valentine's Day Trivia

Approximately one billion Valentine cards are sent each year around the world.

Teachers receive the most Valentine's cards, followed by children, mothers, and wives. Children between the ages of 6-10 exchange more than 650 million Valentine cards a year.

On Valentine's Day, many people buy flowers. Different colored roses have different meanings. Red means love, yellow means friendship, and pink means friendship or sweetheart. Red carnations mean admiration, white carnations mean pure love, red chrysanthemums mean love, forget-me-nots mean true love, primrose means young love, and larkspur means an open heart.

Famous people born on Valentine's Day include John Barrymore (1882), Jimmy Hoffa (1913), Jack Benny (1894), Carl Bernstein (1944), Renée Fleming (1959), and Florence Henderson (1934).

A kiss on Valentine's Day is considered to bring good luck all year.

All Chocolate is Not Created Equal

Who doesn't like chocolate? It's tasty, satisfying and thank heavens, it's good for me too. Shown to decrease inflammation and heart disease risk, chocolate has emerged as a powerful player in the superfoods arena. **BEWARE; not all kinds are equal. Choose products with 70% cocoa. Less than 70% and you're not getting all the benefits cocoa beans have to offer.** Enjoy your chocolate, but go easy. A few 1 oz. pieces a week should do the trick.

***LIFE WITHOUT CHOCOLATE IS NO LIFE
AT ALL.***