



**October 2020  
Black Mountain Senior Nutrition  
Meals on Wheels  
300 S. Racetrack Rd.  
702-267-2960**



**Suggested donation of \$2.50 per meal delivered**

**To hear the current week's menu, call 702-267-DINE (3463)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Brisket Mashed potatoes w/gravy Peas Green salad Applesauce	<b>2</b> Fish & chips Broccoli Colorful salad Pineapple chunks Cake Or Citrus chicken salad
<b>5</b> Turkey sub sandwich w/ fixings Chips Colorful salad Fruit cocktail	<b>6</b> Oven-fried chicken Macaroni & cheese Spinach salad Banana	<b>7</b> Beef stroganoff Noodles Antigua vegetables Garden salad Pear slices Roll w/butter Cake	<b>8</b> Baked meatloaf Mashed potatoes w/gravy Provence vegetables Mixed salad Mandarin oranges	<b>9</b> Stuffed Cabbage Catalina vegetables Asian salad Tropical fruit Or Tuna salad
<b>12</b> Chicken-fried chicken Mashed potatoes w/gravy Meadow blend vegetables Green salad Peach slices	<b>13</b> Cheeseburger w/fixings Tater tots American salad Banan	<b>14</b> Breaded pork cutlet Scalloped potatoes Peas & carrots Coleslaw Orange slices	<b>15</b> Lasagna Scandinavian vegetables Caesar salad Garlic roll Applesauce	<b>16</b> Lemon baked fish Jasmine rice California vegetables American salad Pineapple chunks Or Chef salad
<b>19</b> Spaghetti w/meatballs Country vegetables Spinach salad Garlic roll Pear slices	<b>20</b> Malibu chicken Jasmine rice Monaco vegetables Garden salad Banana Cookie	<b>21</b> Pot roast w/gravy Rosemary potatoes Sliced carrots American salad Roll w/butter Fruit cocktail w/Jell-O	<b>22</b> Ribs Baked beans Mixed salad Tropical fruit 	<b>23</b> Stuffed shells Green beans Caesar salad Mandarin oranges Or Chicken walnut salad
<b>26</b> Italian sub sandwich w/fixings Chips Pasta salad Peach slices Cookie	<b>27</b> Chicken parmesan Noodles Peas Garden salad Garlic roll Banana	<b>28</b> Potato corn chowder Mixed vegetables Carrot raisin salad Applesauce Cake	<b>29</b> Sliced ham Au gratin potatoes California vegetables American salad Pineapple chunks Pudding	<b>30</b> <b>CLOSED</b> <b>Nevada Day</b> <b>No meal service</b>

Food allergy notice: Food items may contain these or other allergy-causing ingredients: nuts, milk, eggs, wheat, soybeans, peanuts, fish and shellfish.

Menu items subject to change. Milk is available with all meals Monday through Friday upon request.

# SMART TIPS FOR Moving More

## BEEN INACTIVE FOR A WHILE?

- Start out slowly
- Choose moderate-intensity activities you enjoy the most
- Build up time spent doing the activity gradually
- Vary your activities, for interest and range of benefits
- Explore new physical activities
- Reward and acknowledge your efforts

### IT'S SUMMER

- Drink lots of water before, during and after physical activity.
- Wear loose, lightweight and light colored clothing.
- Choose a cooler time of the day, early morning or evening.
- Allow yourself plenty of cool down time.
- Wear sunscreen and sunglasses to protect from sun.
- Exercise indoors if temperature and humidity are very high.

### IT'S WINTER

- Dress in layers so that you can remove or put back on as needed.
- Wear a hat to minimize the body heat lost from the head.
- Wear gloves or mittens to keep your hands warm.
- Wear comfortable shoes with a good traction.
- Drink plenty of water before, during and after exercise.
- Wear sunscreen and sunglasses to protect from damaging rays reflected by snow.

