

June 2024 Vegetation Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|---|
| 3 Vegetable Biryani Vegetable Medley Cole Slaw Whole Wheat Bread Lorna Doone Cookies | 4 Paneer Tikka Masala Cilantro Rice Peas and Carrots Spinach Salad w/ Cranberries Pineapple | 5 Chana Masala Saffron Rice Cauliflower Spring Mix Salad w/ Tomatoes Pumpnickel Bread Yogurt | 6 Navratan Korma Chickpea Biryani Rice Aloo Gobi Cucumber and Tomato Salad Dinner Roll Fresh Blueberries | 7 Eggplant and Chickpea Stew Barley Brussel Sprout Escarole and Bean Soup Sliced Peaches |
| 10 Tomato Curry Lentil Stew Rice Cauliflower Four Bean Salad Corn Bread Pineapple | 11 Vegetable Makanwala Cilantro Rice Okra Masala Caesar Salad w/ Croutons Whole Wheat Bread Fresh Orange | 12 White Bean Cassoulet Barley Salad Zucchini Macaroni Salad Cookie | 13 Vegetable Tagine Stew Brown Rice Spinach Salad w/ Cranberries Dinner Roll Fig Newton Cookie | 14 Vegetarian Chili Rice Broccoli Ambrosia Salad Croissant Yogurt |
| 17 Veggie Pattie Black Beans and Tomato Cauliflower Lentil Soup Fresh Apple | 18 Mushroom Edamame Ragout Noodles Green Beans Caesar Salad w/ Croutons Oreo Cookie HDM: Diet Vanilla Pudding | 19 Navratan Korma Chickpea Biryani Rice Aloo Gobi Lemon Chickpea Salad Garlic Bread Fresh Peach | 20 Eggplant and Chickpea Stew Barley Brussel Sprouts Spinach Salad w/ Cranberries Whole Wheat bread Diced Pears | 21 Holiday Office Closed |
| 24 Vegetable Biryani Vegetable Medley Minestrone Soup Yogurt | 25 Tomato Curry Lentil Stew Rice Cauliflower Potato Salad Cookie | 26 Paneer Tikka Masala Cilantro Rice Peas and Carrots Spring Salad Mix w/ Tomatoes Garlic Bread Fresh Blueberries | 27 White Bean Cassoulet Barley Salad Zucchini Caesar Salad w/ Croutons Ice Cream HDM: Lorna Doone Cookie | 28 Chana Masala Saffron Rice Cauliflower Macaroni Salad Hamburger Bun Mixed Fruit |

Please note that all menus:

- May change due to unforeseen circumstances.
- Include 8oz. 1% milk and 4oz. 100% juice.
- HD and diabetic clients will receive light or sugar-free desserts.

FIBER – THE BORING NUTRIENT: LEARN HOW TO TURN BORING INTO BOUNTIFUL:

Foods with vibrant colors and delicious flavors generally take center stage when it comes to the world of nutrients. Fiber rarely gets the spotlight and often is put into the “boring” category of nutrition. This indigestible nutrient is one of the most important additions to any diet.

Fiber plays an important role in healthy digestion, feeling full, and preventing constipation. It also plays a role in reducing the risk of heart disease, diabetes, and some cancers. Large epidemiological studies have shown higher intake of fiber from whole grains is associated with lower risks of heart disease and death from cardiovascular disease. Examples of whole grains include steel cut oats, quinoa, brown rice, millet, barley, and buckwheat.

The Institute of Medicine recommends men 51 years and older get 30 grams of fiber daily and women 21 grams. However, the average adult intake is only 14 grams per day.

Increase fiber by following these simple steps:

- Include at least 5 servings or more of fruits and vegetables per day.
- Add beans and legumes to soups, salads, and pasta dishes. A half-cup of beans has 7 to 8 grams of fiber per serving.
- Use brown rice instead of white rice and swap to whole wheat flour for cooking and baking.
- Have oatmeal for breakfast and add 5 grams of fiber per cup.
- Find ways to incorporate avocado into recipes and add 10 grams of fiber per cup.

You can add more fiber to your diet without too many unpleasant side effects by starting slow and increasing gradually. In addition, drinking plenty of water will help prevent constipation and other digestive discomforts as your body adjusts.

WORLD ELDER ABUSE AWARENESS DAY IS JUNE 15

Some signs of possible Elder Abuse are:

- Numerous unpaid bills
- Withdrawn, confused or extremely forgetful
- Depression, helplessness, or anger
- Hesitance to speak freely
- Frightened or Secretive
- Poor hygiene or Untreated Medical Conditions
- Malnourishment or Dehydration

UPCOMING EVENTS

Elder Abuse & Exploitation Awareness Conference

June 14, 2024

9:30am – 12:30pm

Piscataway Community Center

Older Adult Art Contest & Show

July 2024 - August 2024

Gallery Open to Public

Registration Closes July 1, 2024

Middlesex College

Registration is required

Call **732-745-3295** or email
mcoads.events@co.middlesex.nj.us



middlesexcountynj.gov

NUTRITION RESOURCES

RePLENISH provides referrals to food pantries and soup kitchens throughout the County that offers assistance to Middlesex County Residents.



To learn more and locate food pantries, scan the QR code or visit middlesexcountynj.gov/healthyfoodmap

732-729-0880

PROTECT YOURSELF FROM ABUSE, NEGLECT AND EXPLOITATION!

If you or others experience abuse or neglect in a community setting, Adult Protective Services (APS) is here to help. The APS mission is to ensure the safety and well-being of elders and dependent adults.

CENTRAL JERSEY LEGAL SERVICES (CJLS)

CJLS is a non-profit law firm offering free legal help in civil (non-criminal) cases for low-income residents of Middlesex County. CJLS provides legal assistance for: Housing Problems, Family Law & Domestic Violence, Consumer Problems, Public Benefits & Employment, Access to Health Care and other health care issues.

CJLS: 732-249-7600 or 732-324-1613

www.lsnj.org/cjls

OFFICE OF AGING AND DISABLED SERVICES

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Executive Director*

Middlesex County Board of County Commissioners

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