

Lunch Menu/ Menu del Almuerzo

MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIÉRCOLES	THURSDAY JUEVES	FRIDAY VIERNES
1 Orange Grape Sesame Chicken Chinese Lo-Mein Broccoli Wheat Bread Slice Peaches	2 Vegetable Soup Braised Liver/Onions/Brow Mash Potato Season Carrots/Corn Wheat Bread Fresh Orange	3 Orange Juice Turkey Swedish Meat Balls W/Tomato Sauce Spaghetti Asparagus Garlic Bread Fresh Banana	4 Pineapple Juice Beef Stew White Rice Stew Beans Leaf Spinach Rye Bread Fresh Peaches	5 Blended Juice Oven Fried Tilapia Fish Sweet Broil Plantains Cucumber/Lettuce/ Tomato Salad Wheat Bread Fresh Plum
8 Orange Juice Herb Chicken Buttered Noodles Kale Italian Bread Fresh Apple	9 Pineapple Juice Baked Pork Chop Chinese Vegetable Rice Cut Green Beans Dinner Roll Tangerine	10 Split Pea Soup Turkey Meat Loaf Mash Potato Spinach & Diced Red Peppers Italian Bread Fresh Orange	11 Apple Juice Barbecue Chicken Wild Rice Broccoli Corn Bread Slice Peaches	12 Blended Juice Vegetable Lasagna Garden Salad W/Chick Peas Garlic Roll Cantaloupe
15 Orange Juice Breaded Pork Chop Egg Noodles Broccoli Wheat Bread Fresh Apple	16 Grape Juice Baked Chicken Macaroni Cheese String Beans W/Diced Red Onions Wheat Bread Fresh Grapes	17 Vegetable Soup Turkey Hamburger Mashed Potato Garden Salad Tomato Hamburger Bun Ketchup/Mustard Tangerine	18 Pineapple Juice Chicken Lemon Sauce Italian Mixed Vegetable Corn Bread Fruited Jell-O	19 Blended Juice Baked Fish with Lemon Yellow Rice Green Peppers Spinach Wheat Bread Water Melon
22 Orange Juice Chicken Breast Onions Green Peppers Yellow Plantains Stream Broccoli White Bread Pineapple Slices	23 Grape Juice Stewed Cod/Bacalao Fish White Rice Stewed Pink Beans Italian Bread Flan	24 Orange Juice Baked Chicken Tomato/Onions Asparagus Mashed Potato White Bread Fresh Apple	25 Blended Juice Roast Pork Rice /Peas String Beans Red Peppers Wheat Bread Cantaloupes	26 Tomato Soup Pepper Steak Seasoned Whole Potato Carrots Salad Kaiser Roll Pound Cake
29 Grape Juice Sesame Chicken Chinese Lo-mein Broccoli Wheat Bread Slice Peaches	30 Vegetable Soup Braised Liver W/onions Mash Potato Seasoned Carrrots/Corn Wheat Bread Fresh Orange	31 Orange Juice Turkey Swedish Meat Balls w/Tomato Sauce Spaghetti Asparagus Garlic Bread Fresh Banana		

Please note that milk (whole/1%) and margarine is served with the meal.

Issues of Interest/Asuntos de Interes

Older Adults need less Sleep.

How much sleep we need is largely a mystery, and sleep seems tougher to come by as we age, many studies –often funded by pharmaceutical industry-have suggested that we are all sleep-deprived zombies, risking our health for lack of shut- eye.

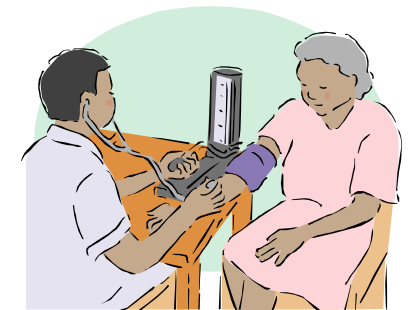


Los Adultos mayores necesitan Dormir menos.

Cuánto sueño necesitamos es en gran parte un misterio, y el sueño parece ser mas difícil según vamos envejeciendo, muchas industrias farmaceuticas han encontrado y han sugerido que nosotros estamos todos privados de sueño, arriesgando nuestra salud por falta de sueño.

Heart disease “ will kill 4,000 Americans in 2010

Decades of progress in the United States on cutting cholesterol, blood pressure and smoking have stalled. Obesity rates and heart disease will kill around 4,000 American this year, experts said on Monday.



La enfermedad cardíaca "matará a mas de 4.000.00 norteamericanos en el 2010

Las décadas de progreso en los Estados Unidos para minorar el colesterol, la alta presión y fumar se han estancado, La obesidad y la enfermedad cardíaca matará alrededor de 4,000,00 norteamericano este año, los expertos dijeron el lunes.