

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1 CHICKEN CORDON BLEU</b> RICE PILAF CALIFORNIA VEGETABLES APRICOTS WHEAT BREAD Cal: 685 Carb: 74 g Sod: 774 mg Fat: 23 g Fiber: 10 g Pro: 49 g	<b>2 SLICED HAM with PINEAPPLE GLAZE</b> AU GRATIN POTATOES SEASONED ASPARAGUS DINNER ROLL STRAWBERRY SHORTCAKE Cal: 942 Carb: 136 g Sod: 1505 mg Fat: 27 g Fiber: 6 g Pro: 42 g	<b>3 TATOR TOT CASSEROLE</b> BLACK BEANS CARROT RAISIN SALAD GRAPEFRUIT WHEAT BREAD Cal: 874 Carb: 100 g Sod: 1168 mg Fat: 36 g Fiber: 14 g Pro: 40 g	<b>4 TURKEY ALA KING ON A BISCUIT</b> ISLAND VEGETABLES VEGETABLE PATCH SALAD VANILLA PUDDING Cal: 777 Carb: 107 g Sod: 837 mg Fat: 19 g Fiber: 10 g Pro: 46 g	<b>5 TUNA SALAD ON A BUN</b> CARROT RAISIN SALAD MANDARIN ORANGES APPLE COOKIE Ca: 643 Carb: 99 g Sod: 1088 mg Fat: 15 g Fiber: 11 g Pro: 36 g
<b>8 PORK CHOP SUEY</b> EDAMAME STEAMED WHITE RICE BLUSHING PEARS WHEAT BREAD Cal: 968 Carb: 120 g Sod: 1191 mg Fat: 31 g Fiber: 15 g Pro: 57 g	<b>9 SALISBURY STEAK &amp; GRAVY</b> MASHED POTATOES MARINATED GREEN BEAN SALAD CITRUS FRUIT MIX MULTIGRAIN BREAD CEREAL BAR Cal: 845 Carb: 104 g Sod: 1029 mg Fat: 31 g Fiber: 10 g Pro: 38 g	<b>10 TURKEY NOODLE CASSEROLE</b> SLICED CARROTS PEA & CHEESE SALAD STRAWBERRIES BREADSTICK Cal: 518 Carb: 73 g Sod: 806 mg Fat: 10 g Fiber: 11 g Pro: 40 g	<b>11 CHICKEN &amp; RICE CASSEROLE</b> CARROT DELIGHT SALAD BROCCOLI with SHREDDED CHEDDAR BANANA PUDDING WHEAT BREAD Cal: 1091 Carb: 126 g Sod: 1079 mg Fat: 46 g Fiber: 11 g Pro: 45 g	<b>12 GARDEN VEGETABLE SOUP</b> MOZZERELLA CHEESE SPINACH MANDARIN SALAD WHEAT CRACKERS CHOCOLATE CHIP COOKIE Cal: 678 Carb: 76 g Sod: 1149 mg Fat: 28 g Fiber: 11 g Pro: 33 g
<b>15 CHICKEN BREAST</b> <b>MEDITERRANEAN SPAGHETTI</b> KEY WEST VEGETABLES APRICOT PINEAPPLE COMPOTE BREADSTICK ORANGE YOGURT GELATIN Cal: 883 Carb: 126 g Sod: 1099 mg Fat: 19 g Fiber: 11 g Pro: 54 g	<b>16 CHEF SALAD</b> SPICED APPLES WHEAT CRACKERS Cal: 785 Carb: 78 g Sod: 1152 mg Fat: 37 g Fiber: 11 g Pro: 41 g	<b>17 SPINACH &amp; MUSHROOM LASAGNA</b> ITALIAN VEGETABLES TOSSED SALAD BANANA ITALIAN BREAD Cal: 610 Carb: 91 g Sod: 622 mg Fat: 15 g Fiber: 12 g Pro: 32 g	<b>18 FISH with ORANGE SAUCE</b> BROWN FRIED RICE ASIAN BROCCOLI SALAD ORANGE FIG NEWTONS WHEAT BREAD Cal: 687 Carb: 103 g Sod: 835 mg Fat: 13 g Fiber: 11 g Pro: 42 g	<b>19 CHICKEN PARMESAN</b> FETTUCCINE NOODLES ITALIAN VEGETABLES SPINACH & EGG SALAD APPLE DINNER ROLL Cal: 771 Carb: 101 g Sod: 657 mg Fat: 20 g Fiber: 13 g Pro: 51 g
<b>22 PULLED PORK ON A BUN</b> RANCH-STYLE BEANS CANTALOUPE COTTAGE CHEESE & PINEAPPLE Cal: 729 Carb: 98 g Sod: 976 mg Fat: 20 g Fiber: 19 g Pro: 46 g	<b>23 BEEF ENCHILADA CASSEROLE</b> SPANISH RICE PINTO BEANS TROPICAL FRUIT Cal: 759 Carb: 93 g Sod: 648 mg Fat: 27 g Fiber: 12 g Pro: 38 g	<b>24 FRIED CHICKEN</b> MASHED POTATOES CREAM GRAVY KEY WEST VEGETABLES POUND CAKE with CHERRY TOPPING Cal: 787 Carb: 100 g Sod: 1319 mg Fat: 30 g Fiber: 6 g Pro: 31 g	<b>25 STUFFED BELL PEPPER</b> FRENCH ONION BAKE THREE BEAN SALAD PINEAPPLE SLICES WHEAT TORTILLA Cal: 772 Carb: 108 g Sod: 872 mg Fat: 24 g Fiber: 14 g Pro: 33 g	<b>26 SEAFOOD PASTA</b> STEAMED BROCCOLI FRUIT SALAD CARROT CAKE WHEAT CRACKERS Cal: 740 Carb: 122 g Sod: 889 mg Fat: 19 g Fiber: 14 g Pro: 29 g
<b>29 CLAM CHOWDER</b> 4-WAY VEGETABLES PEACH ROYALE CHOCOLATE PUDDING WHEAT CRACKERS Cal: 724 Carb: 129 g Sod: 851 mg Fat: 15 g Fiber: 12 g Pro: 24 g	<b>30 TURKEY WALDORF SALAD</b> CALIFORNIA VEGETABLES PEARS RAISIN BREAD Cal: 510 Carb: 65 g Sod: 528 mg Fat: 11 g Fiber: 13 g Pro: 43 g	<b>31 HAPPY HALLOWEEN</b> <b>CATFISH</b> GHOSTLY POTATO FACES GRAVEYARD SPINACH MANDARIN SALAD HALLOWEEN TRAIL MIX BOO BANANA MIDNIGHT RYE BREAD Cal: 738 Carb: 105 g Sod: 439 mg Fat: 21 g Fiber: 11 g Pro: 38 g	<h1>OCTOBER</h1>	

### Home Delivery Customers

Meals Delivered Between 10:30 a.m. and 12:30 p.m. Call 243-9844 ext. 5 if you need to make a change in your service. If you have not received your meal by 12:45 p.m., call the number above.



### Dining Sites

Meals are served at 12 Noon on the days listed below:

- Senior Recreation Center-550 Ouray Ave. G.Jct. (M,Tu,W,F)
- Monterey Park Apts.-999 Bookcliff Ave., G.Jct. (M-F)
- Ratekin Tower Apts.-875 Main St., G.Jct. (M-F)
- Grand View Apts.-1501 N 1st St., G. Jct. (M,Tu,W,Th)
- Fruita Community Center-324 N. Coulson, Fruita (M,Tu,W,F)
- Clifton Community Hall-126 2nd St., Clifton (M,W,Th,F)
- Mesa Community Center-48973 KE Rd., Mesa (Tue)
- Palisade Community Center-120 W. 8th St., Palisade (Tue)
- Collbran Congregational Church-2003 High St., Collbran (Wed)

Reservations & cancellations are required at least one day in advance - no later than 4:00 the business day before.  
 Call on Friday for Monday reservation. 243-9844

**“A grandmother pretends she doesn't know who you are on Halloween.”**

**Erma Bombeck, Humorist**

**(1927-1996)**



We have found a new frozen meal distributor in hopes of fixing some issues we have had receiving our frozen meals for our weekend customers. We've received excellent feedback from you about the taste and quality of these new meals. One major difference is that they come in packs of five, rather than two. This means clients will receive a delivery every *other* week, with an off week every third delivery.

You will have to save three meals in your freezer with each delivery, and only eat them on the weekend when you don't receive a box. The weeks are marked on the menu as **blue** and **orange**. We will keep track on our end to be sure you are getting the meals you should.

**MEALS INCLUDE 1% MILK**

**\$3.50 is the suggested donation for age 60+.**

**Cost for under age of 60 is \$11.00.**

### What is in the mixed vegetables?

- California** - broccoli, cauliflower, carrots
- Island** - carrots, green beans, broccoli, red peppers
- Key West** - green beans, carrots, peppers
- Italian** - zucchini, carrots, cauliflower, Italian green beans, lima beans
- Key West** - green beans, carrots, peppers
- 4-Way** - green beans, corn, carrots, peas



***This food and health information is from Gray Gourmet's dietitian:***

Holly, our dietitian, monitors our compliance with state guidelines for key nutrients such as vitamin C, sodium, calcium, fiber, and more. Please call 243-9844 ext. 6 for nutrition questions or for nutrition counseling services. Her assistance is free.

### Managing Diabetes on Gray Gourmet Meals

It can be a struggle managing diabetes. Recently we have had an increase in calls from clients with diabetes, asking how Gray Gourmet meals can be adjusted to fit diabetic needs. We understand that many clients are challenged by the higher carbohydrate content of some of our meals. Unfortunately, with our limited resources, Gray Gourmet is not able to offer a diabetic menu, while still meeting the needs of our non-diabetic clients. However, there are some basic ideas we can suggest that may help you make Gray Gourmet meals fit into your diabetic plan. First, it is important to know what your carbohydrate limit is for each meal. Your doctor can help you decide what is best for you. Typically diabetic patients eat about 45-65 grams of carbohydrates at each meal with a 15-30 gram snack between meals.

Next, each Gray Gourmet meal lists the carbohydrate content for that day on the menu provided. Determine how many carbohydrates need to be removed from the meal to meet your needs. You

may consider cutting the starch in half, saving the bread, milk, or fruit for an afternoon snack or omitting the dessert. Here are some general guidelines for carbohydrates contained in food items. Milk, wheat bread, 1/2 cup fruit, and 1/2 cup vegetables (green beans, carrots) contain about 15 grams of carbohydrates. Starchy food items like potatoes, rice, noodles, winter squash, and legumes contain about 30-45 grams of carbohydrates. If you need more detailed assistance, please feel free to call and ask for the registered dietitian 243-9844 ext. 6.



### Guest Fee's

There are some major changes to the administrative side of the program from the State and Federal governments. There are some things we had some control over in the past that we no longer do. One of those things was how much the fee for the cost of meals for people under the age of 60 will be. **As of July 1, the guest fee is now \$11.00.** Again, this is decided by calculations of the State of Colorado.

[graygourmet.org](http://graygourmet.org)



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**OCTOBER 2018** "What's cooking with senior nutrition in Mesa County!"

## The Scoop

### OCTOBER PRESENTATIONS AT GRAY GOURMET DINING SITES

- ◆ **Monterey Park Apartments** - Tuesday, October 9 - Terri Ahern will present a photo exhibit – on the "Colorado National Monument - Then & Now". Lunch to follow at 12:00 p.m. **Lunch reservations needed by 4:00 p.m., Friday, October 12 - call 243-9844.**
- ◆ **Senior Recreation Center** – Monday, October 15 - Presentation by Sultan Pride, Ellen Rehwoldt, Middle Eastern folkloric and cabaret dances. Lunch to follow at 12:00 p.m. **Lunch reservations needed by 4:00 p.m., Thursday, October 11 - call 243-9844.**
- ◆ **Senior Recreation Center** – Tuesday, October 16 - Terri Ahern will present a photo exhibit – on the "Colorado National Monument - Then & Now". Lunch to follow at 12:00 p.m. **Lunch reservations needed by 4:00 p.m., Friday, October 12 - call 243-9844.**
- ◆ **Grand View Apartments** – Wednesday, October 24 - Gray Gourmet's registered dietitian, Holly Krouse, will be giving a presentation on "Food Safety". **Lunch reservations needed by 4:00 p.m., Monday, October 22 - call 243-9844.**

### Dining Sites Closed in October

**Monterey Park Apartments - Friday, October 5**

**Fruita Community Center - Friday, October 5 - Wednesday, October 10 – Friday, October 12**

**CHANGES!** As a client of Gray Gourmet, you may have noticed some recent changes to the timing of your deliveries. Our focus over the course of this year is to increase client satisfaction as well as being a leader in the area of food safety. The hotter your food comes to you, the more palatable it is, and the safer it is. Throughout the next 3 months it's our aim to add an additional 5 routes to the Home Delivery side of our program. This is not so that we can add more clients - this is so that each route is a little bit shorter! The less time your food spends in an insulated cooler the better!

You also may have noticed we switched from cardboard trays to black plastic trays. These new trays are made from recycled materials, are microwave safe, oven safe up to 400° for 30 minutes, and as long as you can recycle #1 plastics are recyclable after use as well! They are also supposed to hold the heat a bit better- so your meals should arrive warmer!

We haven't forgotten about our Dining Site clients either! We've changed the pickup times from 10:00 a.m. to closer to 11:00 a.m. for most sites. By preparing the food closer to the time of pickup, we're ensuring that the meals arrive more hot and will not have to sit at each individual site for as long. We've heard the complaints about over-cooked vegetables and we think this will help greatly! We're also looking into purchasing new equipment to transport the meals from the main kitchen to each site.

We hope that these small changes have a big impact on the taste and safety of our food. Our goal is always to provide you with a quality food experience. Feel free to contact any of us if you have any questions.