# **Aztec Senior Center**

|  | <b>Tuesday July 1</b><br>Sweet and Sour Pork<br>Brown Rice<br>Emperor Blend Veggies<br>Mandarin & Pineapple<br>vanilla yogurt | Wednesday July 2<br>Enchilada Casserole<br>Pinto Beans<br>Spanish Rice<br>Peaches                                    | Thursday July 3<br>Baked Chicken Breast<br>parsley potatoes<br>California Blend<br>Tosses Salad<br>Roll—Tropical Fruit              |
|--|---|--|---|
| Monday, July 7<br>Kielbasa<br>Cabbage & Potatoes<br>Veggie MedleyRoll<br>Vanilla yogurt<br>Apricots              | Tuesday, July 8SpaghettiwMeat SauceTossed Salad/crackersGarden Blend VeggiesGrapes  | Wednesday, July 9<br>Spinach/Tomato Alfredo Pizza<br>1/2c Cucumber & Garbanzos<br>Vanilla Yogurt w Strawberries      | Thursday, July 10<br>Chef Salad<br>w Crackers<br>Orange Carrot Jello Salad  |
| Monday, July 14<br>Chicken Fried Steak<br>Mashed Potatoes<br>Chateau Veggies<br>White Pepper Gravy<br>Fresh pear | Tuesday, July 15<br>BBQ Pork on Bun<br>Pinto beans<br>Roasted Brussel Sprouts<br>Fruit salad                                  | Wednesday, July 16<br>Breakfast for Lunch<br>Scrambled Eggs<br>Sausage<br>Sweet potatoes<br>Wheat tortilla<br>Orange | Thursday, July 17<br>Fish Taco w Fixins'<br>Cilantro Coleslaw<br>Black Beans<br>Diced Mango<br>Angel Food Cake<br>W Whipped Topping |
| Monday, July 21<br>Philly Cheese Steak<br>French Fries<br>Steamed Carrots<br>Cantalope<br>Vanilla Yogurt         | Tuesday, July 22<br>Chicken & Rice Casserole<br>French Style Green Beans<br>Tossed Salad/crackers                             | Wednesday, July 23<br>Soft Beef Tacos<br>w Fixins'<br>Pinto Beans<br>Capri Vegetables<br>Tropical Fruit Salad        | Thursday, July 24<br>Loaded Baked Potato<br>HB Egg<br>WW Roll<br>Cherry Vanilla Yogurt  |
| Monday July 28<br>Tuna Salad Sandwich<br>Spinach Salad<br>Apple  | Tuesday, July 29Meatloaf /GravyParsley PotatoesAsparagusTossed SaladWW RollOrange   | Wednesday, July 30<br>Bean and Cheese Burrito<br>Green Chile sauce<br>Chateau Veggies<br>Banana,<br>Vanilla Yogurt   | Thursday July 31<br>Chicken Stir fry<br>Brown Rice<br>Asian Blend Veggies<br>Fruit salad<br>Fortune Cookie                          |
| Hours of Operation: Mon- Th<br>Lunch Hours 11:30-  | FOURT   | Age 60 and Over-\$3.00 Contribution  |   |

## **Aztec Senior Center**

## TAKE HOME MESSAGE:

Calcium is an important nutrient for older adults. Older adults who do not consume dairy should be mindful to eat a variety of other food sources high in calcium. REFERENCES 1. Institute of Medicine, Food and Nutrition Board. Dietary Reference Intakes for Calcium and Vitamin D.

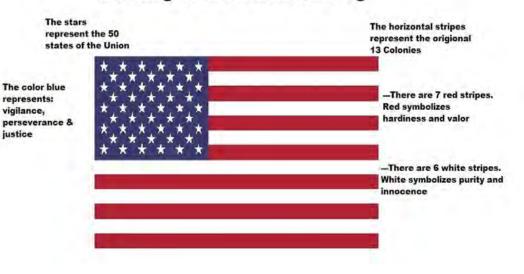
| Recommended Dietary Allowances for Calcium |         |         |  |  |
|--|---------|---------|--|--|
| LIFE STAGE GROUP                           | MEN     | WOMEN   |  |  |
| 51-70 YEARS                                | 1000 MG | 1200 MG |  |  |
| 71+ YEARS                                  | 1200 MG | 1200MG  |  |  |

#### How Much Calcium is Needed?

Older adults have higher calcium needs than younger adults. Needs among older women increase sooner than for men. It's important to get the right amount of calcium. Too little can cause a condition known as hypocalcemia, weak bones, and increased risk of bone fractures. Too much can cause a condition known as hypercalcemia, kidney damage, and kidney stones1. The tolerable upper limit level (UL) for adults ages 51 years and older is 2,000 milligrams (mg)2. Toxic effects of calcium are most frequently caused by excessive supplementation.



### **Meaning of the American Flag**



America: where calories don't count on July 4th.