### August 2020 Hot Lunch Menu

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<thead>
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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td>Garden Chili</td>
<td>Stuffed Cabbage</td>
<td>Herb Crusted Chicken</td>
<td>Honey Mustard</td>
<td>Hamburger with Bruce &amp; &amp; &amp;\n Baked Potato</td>
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10 Vegetable Lasagna Broccoli Orange Juice Apricots

11 Turkey Burger with Lettuce & Tomato Sweet Potato Fries Green Beans Cranberry Juice Mandarin Oranges

12 Chicken Ratatouille over Pasta Fruit Punch Juice Grapes

13 Philly Cheesesteak Red Potatoes Mixed Vegetables Grape Juice Ricotta Mousse

14 Pork Stir Fry over Brown Rice Apple Juice Yogurt

17 BBQ Chicken Potato Salad Green Beans Apple Juice Yogurt

18 Sloppy Joe Sweet Potato Broccoli Orange Juice Fruit Cocktail

19 French Toast Eggs with Broccoli & Cheese Turkey Sausage Fruit Punch Juice Watermelon

20 Spaghetti & Meatballs Spinach Grape Juice Pudding Banana & Wafers

21 Vegetable Frittata Mashed Potatoes Summer Squash Cranberry Juice Jello Cup

24 Pulled Pork Sandwich Baked Beans Mixed Vegetables Cranberry Juice Fruit Cup

25 Macaroni & Cheese Stewed Tomatoes Grape Juice Yogurt

26 Swedish Meatballs over Noodles Mixed Vegetables Orange Juice Kiwi

27 Lemon Garlic Chicken Baked Potato Asparagus Fruit Punch Juice Blueberries

28 Herb Crusted Cod Perogies Peas & Carrots Apple Juice Ambrosia

31 Turkey a la King over Brown Rice Spinach Grape Juice Yogurt

**Menu subject to change without notice.**

### August 2020 Cold Dinner Menu

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<tr>
<td>3 Lower Sodium Ham &amp; Swiss Four Bean Salad Grape Juice Breakfast Bar</td>
<td>4 Sliced Turkey Tossed Salad Fruit Punch Juice Fruit Cocktail</td>
<td>5 Egg Salad Mashed Sweet Potatoes Apple Juice Vanilla Wafers</td>
<td>6 Provolone Cheese &amp; Tomato Beets Orange Juice Macaroons</td>
<td>7 Peanut Butter &amp; Jelly Cottage Cheese Cranberry Juice Kiwi</td>
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10 Provolone & Tomato Pickled Beets Grape Juice Yogurt

11 Tuna Salad Potato Salad Apple Juice Blueberry Muffin

12 Roast Beef & Cheddar Tossed Salad Orange Juice Shortbread

13 Egg Salad Mashed Sweet Potatoes Fruit Punch Juice Pineapple

14 Turkey & Swiss Garbanzo Bean Salad Cranberry Juice Fruit Blend

17 Roast Beef & Cheddar Four Bean Salad Grape Juice Tropical Fruit

18 Lower Sodium Ham & Swiss Tossed Salad Cranberry Juice Ginger Cookie

19 Egg Salad Pea Salad Apple Juice Muffin

20 Tuna Salad Tossed Salad Orange Juice Animal Crackers

21 Provolone & Tomato Carrot Salad Fruit Punch Juice Yogurt

24 Turkey & Cheddar Pickled Beets Orange Juice Oatmeal Chip Bar

25 Tuna Salad Cucumber & Tomato Salad Fruit Punch Juice Fruit Blend

26 Seafood Salad Tossed Salad Grape Juice Apple Cinnamon Square

27 Lower Sodium Ham & Swiss Marinated Broccoli Apple Juice Rice Pudding

28 Chicken Salad Tossed Salad Cranberry Juice Fruit Cocktail

31 Roast Beef & Cheddar Four Bean Salad Apple Juice Macaroons

**Menu subject to change without notice.**

**Cold dinner meals served with milk.**
Hydration Tips for Older Adults

Not getting enough fluids can pose serious health problems for anyone, but older adults are at particular risk for dehydration. With age, our body’s ability to conserve water is reduced. This can make it more difficult to adapt to things like fluctuating temperatures. Additionally, the sense of thirst diminishes with age. By the time someone actually feels thirsty, essential fluids could already be extremely low.

Initial signs to look for include headache, constipation, muscle cramps, dry mouth and tongue, and sleepiness or lethargy. Urine color is another helpful indicator and should be clear or light yellow for someone who is properly hydrated. Talk to your health-care provider about other signs and symptoms to look for if you are concerned about dehydration.

For most of us, drinking plenty of fluids and eating foods with a higher water content is a great way to keep our bodies properly hydrated in warmer weather. Most adults need about 64-ounces of fluid every day, but that amount increases with heat and humidity and can change based on various medications and health conditions. A good rule of thumb is to try balancing fluid intake with output. If you are sweating or urinating more frequently, then your fluid intake should become more frequent as well.

Remember, water is not the only option. Most fluids count towards the 64-ounces (except for alcohol), and many foods do, too. If you are unwilling to drink plain water, there are plenty of modifications and alternatives available. Opt for pre-flavored waters, combine a half water/half juice mixture, or try fruit-infused water. Consider both savory and sweet flavors. Warm chicken, beef, or vegetable broth can provide a soothing savory source of fluids and electrolytes that seems more like a “meal” and less like a drink. For those who are fond of sweets, popsicles, milkshakes, and smoothies may be more enticing options that function as a sweet vehicle for fluids.

Foods Can Be Hydrating, Too!

While water is the go-to for most people, keep in mind that beverages are not the only source of fluids. Raw fruits and vegetables can pack a hydrating punch as well. For example, a small plate of cut vegetables, like celery sticks, cucumber slices, cherry tomatoes, and bell pepper slices served with a healthy dressing or hummus for dipping can be a nutrition- and fluid-filled snack. Choose more fruits and vegetables with a higher percentage of water. These include cucumber, tomato, watermelon, bell pepper, grapes, cantaloupe, oranges, blueberries, and apples.