

OCTOBER 2025

Washington County Nutrition Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal consists of a minimum of 3 oz protein, ½ cup of vegetables, ½ cup of starch, whole wheat bread, butter, 1% milk. Low sodium gravies are always used.		October 1 Salisbury Steak with Gravy Mashed Sweet Potato Broccoli Fresh Pear	October 2 Pulled Pork on a Bun Baked Beans Green Beans Cookie	October 3 Lemon Butter Cod over brown rice Summer Squash Dinner Roll Berries with Cream
October 6 Cheeseburger on a bun Yellow Corn Broccoli Fresh Apple	October 7 Sloppy Joe on a Bun Diced Potatoes Peas Fresh Peach	October 8 American Goulash Cauliflower Dinner Roll Fruited Gelatin	October 9 Chicken Ceasar Salad Country Style Tomatoes Veggie Mac Salad Grapes	October 10 Beef Chili over Rice Diced Carrots Lima Beans Pineapple Chunks
October 13 Columbus Day Program Closed	October 14 Ham with Raisin Sauce Mashed Sweet Potato Peas and Pearl Onions Pudding with Whip	October 15 Chicken Ala King over Biscuit Cauliflower/Rutabaga Diced Pears	October 16 Happy October Birthday Roast Turkey with Gravy Mashed Potato Green Beans Cake	October 17 Hot Dog with Meat Sauce California Blend Veggies Sweet Corn Fresh Banana
October 20 Rosemary Chicken with Gravy Oven Brown Potatoes Normandy Blend Veggies Cinnamon Applesauce	October 21 Beef Stew Wax Beans Dinner Roll Peanut Butter Cookie Plum	October 22 Potato Encrusted Cod Brown Rice Spinach Carrots Pineapple and Cherries	October 23 Egg Salad on a Croissant Marinated Cucumbers Three Bean Salad Fig Newtons	October 24 Veal Parmesan Buttered Peas Dinner Roll Sliced Peaches
October 27 Macaroni and Cheese Stewed Tomatoes Broccoli Macintosh Apple	October 28 Chicken Patty Mashed Potato Buttered Corn Banana	October 29 Meatloaf with Gravy Baked Potato Carrots Fig Newton Cookies	October 30 Roast Beef and Cheese on Classic Sub Roll Broccoli Salad Cottage Cheese Peaches with Whip	October 31 Happy Halloween Spaghetti with Meat Sauce Italian Blend Dinner Roll Spooky Chocolate Pudding

Meals should be eaten when delivered or immediately refrigerated and reheated to 165-degrees.

TO CANCEL OR RESTART YOUR HOME DELIVERED MEALS - Call 518-746-2357
QUESTIONS/CONCERNS - CALL 518-746-2286

Congregate Meal Sites: Cambridge 518-677-8592 - Hudson Falls 518-747-9352 - Whitehall 518-499-2482
Menus subject to change.

October Nutrition News

The Connection Between Brain Health and Nutrition

Written by Stacey Barcomb, Nutrition Service Coordinator

Did you know that we can reduce our risk of dementia and delay cognitive decline with diet? Even if you have *already* been diagnosed with mild cognitive impairment or dementia you can still delay disease progression with a healthy nutrient-rich diet.

So, what is a healthy diet? The National Institutes of Health identifies the MIND diet in a recent study that improves cognition and reduces the risk of cognitive decline among other health benefits. MIND stands for Mediterranean-DASH Intervention for Neurodegenerative Delay. Complex name but it's very easy to follow :

Foods to eat: Green Leafy Vegetables, Berries, Nuts, Whole Grains, Olive Oil, Beans and Fish.

Foods to limit or avoid: Red Meat, Processed Meats, Butter, Fried Food, Pastries, Sweets and Alcohol.

Get started with the MIND diet using the recipe below!

Easy Lentil Soup

Ingredients:

32 oz Chicken Broth
1 cup Dry Lentils
1/2 medium onion, diced
1/8 cup tomato paste
1 clove garlic, minced
½ tbsp ground Cumin

Directions:

Bring all ingredients to a boil in a large saucepan over medium heat. Reduce heat, cover and simmer until lentils are soft, 30-45 minutes. Enjoy!

Recipe Source: Allrecipes.com

Looking for more healthy habits for your brain? Check out the www.alz.org to view their article *10 Healthy Habits for Your Brain* or call the Alzheimer's Association's 24/7 hotline at 1-800-272-3900.