

- **Vitamin D** - Vitamin D regulates the production of a protein that selectively kills infectious agents, including bacteria and viruses. Good food sources of vitamin D include fatty fish, including canned fish like salmon and sardines; eggs, fortified milk and plant milk products; cheese, fortified juice, tofu and mushrooms
- **Zinc** - Zinc helps cells in your immune system grow and differentiate. Sources of zinc include beans, chickpeas, lentils, tofu, fortified cereals, nuts, seeds, wheat germ, oysters (including canned), crab, lobster, beef, pork chop, dark meat poultry and yogurt.
- **Prebiotics** - Prebiotics help boost the health of the microbiome, which in turn supports our immune system. Sources of prebiotics include whole grains, bananas, onions, garlic, leeks, asparagus, artichokes and beans.
- **Protein** - Protein comes from both animal and plant-based sources and includes fish, poultry, beef, milk, yogurt, eggs and cottage cheese, as well as nuts, seeds, beans, chickpeas and lentils.
- **Lots of water** - Women should aim to consume 2.7 liters or 91 ounces of fluids daily, and men, 3.7 liters or 125 ounces; an amount that includes all fluids and water-rich foods, such as fruits, vegetables and soups.

Thank you to our menu sponsor.

To learn more call (719) 314-2327
or visit www.rmhcare.org



**Rocky Mountain
PACE**

A Program of Rocky Mountain Health Care Services



Nutrition
Education



An Immune System Boost!

- **Handwashing:** Use warm water and scrub for 20 seconds. Alcohol-based hand sanitizers can be as effective when water and soap are not easily accessible.
- **Maintaining good nutrition:** Here are some key nutrients that play a role in immunity:
- **Beta Carotene** - Beta carotene works by helping antibodies respond to toxins and foreign substances. Good sources of beta carotene include sweet potatoes, carrots, mangoes, apricots, spinach, kale, broccoli, squash and cantaloupe.
- **Vitamin C** - Vitamin C increases blood levels of antibodies and helps to differentiate white blood cells, which helps the body determine what kind of protection is needed. Some sources of vitamin C from a combination of foods such as oranges, grapefruit, kiwi, strawberries, brussels sprouts, red and green peppers, broccoli, cooked cabbage and cauliflower.

Menu substitutions may occur without notice.

Members are advised to keep a three-day supply of non-perishable foods and bottled water in their home in the event of inclement weather or other emergencies that may cause a temporary suspension of service.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Beef Chili w/ Cheese Baked Potato w/ Sour Cream Orange & Milk	2 Breaded Pollock Mac & Cheese Brussels Sprouts w/ Parm Apple & Milk	3 Pork Chop w/ Country Gravy Mashed Potatoes Succotash Apple & Milk	4 Tuna Casserole Roasted Butternut Squash Pear Milk
7 Chicken Cordon Bleu Sweet Potatoes Broccoli Banana & Milk	8 Beef Pot Pie w/Butter Milk Biscuit Lima Beans Apple & Milk	9 Chicken Alfredo WW Pasta Peas Tropical Fruit Milk	10 Pork Carnitas Cheese, Sour Cream, Salsa & Tortillas, Pinto Beans, Mexican Corn, Diced Peaches & Milk	11 Cheese Ravioli Succotash Roll w/ Butter Tropical Fruit Milk
14 Indigenous Peoples' Day Silver Key Closed	15 Teriyaki Meatballs Brown Rice Succotash Orange Milk	16 Crab Cake Broccoli Cheddar Rice , Green Bean Almondine Roll w/Butter Orange & Milk	17 Beef Fagioli Soup Winter Blend Orange Milk	18 <u>Chef's Choice</u>  Pork
21 Lasagna Roll w/ Meat Marinara Sauce Broccoli Pear & Milk	22 Southwestern Chicken Spanish Rice Pinto Beans Orange & Milk	23 Chicken Piccata WW Pasta Winter Blend w/ Parm, Cherry Cobbler & Milk	24 Sweet & Sour Beef, Brown Rice Asian Vegetables High Fiber Cookie Pear & Milk	25 Pork & Beef Meatballs w/ Mari- nara Sauce Pasta, Broccoli, Banana & Milk
28 Chicken Chimichanga w/ SW Black Beans Spanish Rice Banana & Milk	29 Beef Tips Mashed Potatoes Brussel Sprouts Apple & Milk	30 <u>Chef's Choice</u>  Shellfish	31 Goulash w/ Cheese Green Bean Al- mondine Apple & Milk	

We value your feedback!!

At the end of the month, return your menu to your café specialist and write in a 1-3 rank on the day's entree.

1=Don't love it;

2=It's Good;

3=LOVE it!

