All Site Menu: November 2026

Lunch is served
11:45 am - 12:00 pm

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Penne Pasta w/ Zucchini, Spinach & Sun-Dried Tomatoes in a Stoneground Mustard Cream Sauce Fresh Fruit	3 Country Style BBQ Pork Ribs Green Apple Coleslaw Baked Beans Peaches	4 Turkey Melt on Toasted Sourdough Steak fries Grapes	5 Ground Beef Shipwreck Casserole Corn, Carrot & Pea Medley Whole Grain Roll Fruit Cocktail	6 Dijon Herb Crusted Fish Filet Rice Pilaf Oven-Roasted Squash Apple slices
9 Pork Diane Roasted Red Potatoes Dilled Carrots Spiced Pears	10 **Veterans Day Appreciation Meal** Beef Pot Pie w/ Whole Grain Biscuit Topping Green Salad Fresh Fruit	11 **CLOSED** Veterans Day	12 BBQ Chicken Thigh Macaroni & Cheese Corn Fresh Fruit	13 Tuna Cakes w/ Homemade Tartar Yellow Rice Steamed Broccoli Grapes
16 Spaghetti Bolognese Garden Salad Whole Grain Garlic Bread Berry Blend	17 Crispy Chicken Sandwich Glazed Carrots Steak Fries Fruit	18 Breakfast Sausage Frittata Steamed Peas Whole Grain Muffin Fruit Salad	19 **Thanksgiving Meal** Roast Turkey, Mashed Potatoes & Gravy Whole Grain Dressing Green Bean Casserole Roll & Fruit	20 **Transgender Day of Remembrance** Shrimp Stir-Fry Fried Rice Vegetable Eggroll Fruit
23 Monterey Chicken Au Gratin Potatoes Malibu Vegetable Blend Fruit	24 Cheese Manicotti w/ Marinara Brussels Sprouts Fruit	25 Tamale Pie w/ Sour Cream & Salsa Spanish Rice Green Salad Fruit	26 **CLOSED** Thanksgiving	27 **CLOSED** Thanksgiving
30 Chicken Fettuccine w/ Alfredo Sauce Roasted Zucchini Fresh Fruit			Senior Nutrition Program	Senior Services FOR SOUTH SOUND

Go4Life®

Everyday Fitness Ideas from the National Institute on Aging at NIH
www.nia.nih.gov/Go4Life

Maintaining a Healthy Weight

Maintaining a healthy weight is important for overall health and well-being. As you grow older, if you continue to eat the same types and amounts of food but don't become more active, you'll probably gain weight. That's because metabolism (how you burn the calories you eat) can slow down with age.

The secret to maintaining a healthy weight is to balance "energy in" and "energy out." Energy in means the calories you get from the food and beverages you consume. Energy out means the calories you burn for basic body functions and during physical activity.

How active should you be to keep a healthy weight?

The answer is different for each person, but generally:

- To keep your weight the same, you need to burn the same number of calories as you eat and drink.
- To lose weight, burn more calories than you eat and drink.
- To gain weight, burn fewer calories than you eat and drink

Other ways to maintian a healthy weight?

- Limit portion size to control calorie intake.
- Add healthy snacks during the day if you want to gain weight.
- Be as physically active as you can be.
- Talk to your doctor about your weight if you think that you weigh too much or too little.
- Read *What's On Your Plate?*, the National Institute on Aging guide to healthy eating.

Quick Tip

Aim for 150 minutes of physical activity per week in sessions of 10 minutes or more.

VISIT
www.nia.nih.gov/Go4Life

- Read more tips for adding physical activity to your day.
- Print useful tools.
- Share your exercise story.



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