

May 2026

Lunch: under age 60 ~ price ~ \$7⁰⁰ / age 60 & over ~ suggested donation ~ \$6⁰⁰
Lunch Served: Wednesday & Thursday 11:30 AM ~ 1:00 PM
Friday Entertainment @ 11:30 AM; Lunch NOON until 1:00 PM

Hours of Operation:
 9:00 AM ~ 3:00 PM
 Wednesday thru Friday

Take Out: Call 208-847-3141
 to Schedule Pick-up Time.
 Menu Subject to Change
 Due to Availability of Food



Changing Lives One Meal at a Time

LOCATED JUST NORTH AND EAST OF THE HELICOPTER PAD
 * 300 HOSPITAL PLAZA * 114 S. 4TH STREET *
 * MONTPELIER, ID 83254 * 208.847.3141 *

	Wednesday	Thursday	Friday
9:00 A.M. 10:00 A.M. 11:30 A.M. NOON 1:00 P.M. 6:00 P.M.			1 Dustin James KFC Bowls
9:00 A.M. 10:00 A.M. Bingo 11:30 A.M. Lasagna NOON :30 Chair Fitness 1:00 P.M. 6:00 P.M. Art Night	6	Art French Dip	7 The Sheffey's Ham Steak / Apple Stuffing
9:00 A.M. 10:00 A.M. Bingo 11:30 A.M. Chicken Fried Steak NOON :30 Chair Fitness 1:00 P.M. 6:00 P.M.	13	Art Alfredo Potato	14 11:00 - Book Club Amy Nielsen Chicken Enchilada Casserole
9:00 A.M. 10:00 A.M. Bingo 11:30 A.M. Meatball Linguine NOON :30 Chair Fitness 1:00 P.M. 6:00 P.M. Art Night	20	Art Rib Sandwich	21 Christine Lake BBQ Chicken / Macaroni Salad
9:00 A.M. 10:00 A.M. Bingo 11:30 A.M. Pork Roast NOON :30 Chair Fitness 1:00 P.M. 6:00 P.M.	27	Art 11:30 - Stitchers Chicken Salad Sandwich	28 Cordell Green Chicken Cordon Bleu

May 2026 Nutrition Article

With warmer weather and sunnier days ahead, let's get out there and soap up some Vitamin D. The sun provides us with vitamin D and can help us feel happier; studies show that Vitamin D helps reduce levels of depression and regulate mood. Having adequate amounts of Vitamin C can also help our bodies to retain Calcium and Phosphorus, essential for bone maintenance and integrity.



• Sources of Vitamin D include:

- Sun
- Fish (Oily fish such as salmon, tuna, swordfish, oysters, etc)
- Eggs
- Orange juice, that has been FORTIFIED with Vitamin D
- Dairy products that have been FORTIFIED with Vitamin D
- Supplements

• Recommendations for supplement intake include:

- 600 IU (international units) for adults 18-70 years old
- 800 IU for adults over 70 years old

Seasonal foods in May?

- Pineapple
- Strawberries
- Mangos
- Peas

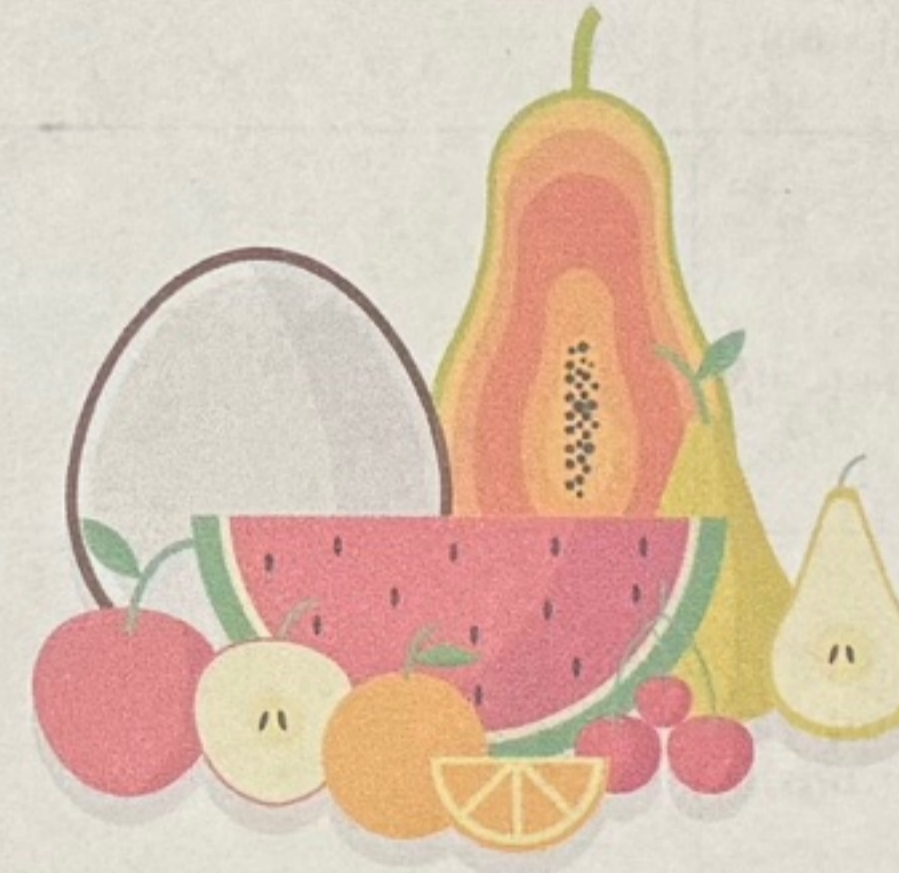


Seasonal Fruit Salad with Honey Poppy Seed Dressing

- 2 cups strawberries, cubed into bite size pieces
- 2 cups banana, cubed
- 1 cup blueberries
- 1 tbsp juice of lemon or lime
- ¼ cup honey
- 2 tsp poppy seeds

Rinse and cube all fruits (with the exception of blueberries), place in a large bowl, and set aside. In a small bowl or cup, mix in juice of lemon/lime, honey, and poppyseeds. Mix well. Pour honey mixture over the fruit and gently mix to coat all the fruit. Enjoy! Store in an airtight container in the refrigerator for up to 3

days to avoid fruits getting mushy. Also, enjoy with a side of cottage cheese for a sweet and savory treat! Optional substitutions: Raspberry, mango, grapes, pears, pineapple, etc.



FREE NUTRITION COUNSELING

- Free MNT (Medical Nutrition Therapy) services available in person, or via telephone with our registered dietitian Vanessa (habla español), services also available in Spanish. **Ask your center staff for details today!**
 - Please reach out to our site for help with the following:
 - New medical diagnosis i.e. cancer, diabetes, difficulty swallowing, weight loss, altered taste, fatigue, etc.
 - Food resources - Food banks, pantries, programs, etc.
 - Menu planning, budgeting, and recipe ideas