



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Meatloaf w /VT Beef, Baked Potato, Seasoned Corn, Zucchini Medley, Whole Grain Dinner Roll, Fruited Jell-O with Whip Topping	<b>2</b> Chicken Bruschetta Pasta, Four Way Vegetable, Seasoned Broccoli, Blueberry Muffin	<b>3</b> Country Vegetable Barley Soup, Tuna Salad with Lettuce on Whole Grain Roll, Fresh Banana
<b>6</b> Meatball Sub on a Whole Grain Roll, Diced Carrots, Seasoned Spinach, Dried Fruit	<b>7</b> Three Cheese Ziti Bake, Steamed Broccoli, Warm Banana Bread <b>*Higher Sodium Meal</b>	<b>8</b> Turkey Potpie (turkey, peas, carrots, gravy, puff pastry), Diced Beets, VT Maple Winter Squash, Apple Crisp	<b>9</b> Breaded Pork Chop, Baked Potato, Warm Apple Sauce, Seasoned Corn, Cranberry Muffin	<b>10</b> Creamy Tomato Bisque, Turkey, Cheese, and Lettuce on Whole Grain Bread, Fresh Pear
<b>13</b> Orange Chicken over Vegetable Fried Rice, Steamed Cauliflower, Diced Carrots, 100% Juice	<b>14</b> Beef Stew (tender beef, carrots, potatoes, gravy), Five Way Veggie, Warm Zucchini Bread	<b>15</b> St Patrick's Day Lunch Shepherd's Pie w/ <b>VT Beef</b> , Capri Blend Vegetable, Cinnamon Spiced Peaches, Mini Whoopie Pie	<b>16</b> Spinach & Cheddar Quiche, Quinoa Pilaf, Cinnamon Spiced Peaches, Banana Muffin	<b>17</b> Broccoli Cheddar Soup, Chicken Caesar Wrap, (chicken, lettuce, Caesar dressing), Fresh Grapes <b>*Higher Sodium Meal</b>
<b>20</b> WG Potato Crusted Fish Fillet, Lemon Parsley Couscous, Zucchini Medley, Seasoned Corn, Craisins	<b>21</b> Sloppy Joe w/ <b>VT Beef</b> over Baked Sweet Potato, Capri Veggie, Warm Corn Bread	<b>22</b> Turkey Dinner w/ Mashed Potatoes & Gravy, Diced Carrots, Cranberry Stuffing, Pumpkin Pie Bar	<b>23</b> Harvest Macaroni & Cheese, Seasoned Spinach, Four Way Vegetable, Pumpkin Muffin <b>*Higher Sodium Meal</b>	<b>24</b> Corn Chowder, Tuna Salad with Lettuce on a Whole Grain Bun, Fresh Orange
<b>27</b> Pancakes with Turkey Sausage, VT Maple Syrup, Sweet & White Home fries, Italian Seasoned Diced Tomatoes, Apple Sauce Cup	<b>28</b> Chicken and Biscuits (peas, carrots, gravy, whole grain biscuit), Winter Squash, Warm Zucchini Bread	<b>29</b> Whole Grain Spaghetti, with Meat Sauce w/ <b>VT Beef</b> , Capri Blend Vegetables, Italian Seasoned Broccoli, Happy Birthday Chocolate Cake	<b>30</b> Stewed Pork Chop over Pasta, Steamed Cauliflower, Seasoned Corn, Cranberry Muffin	<b>31</b> Creamy Tomato Bisque, Ham, Cheese, and Lettuce Wrap, Fresh Diced Cantaloupe <b>*Higher Sodium Meal</b>

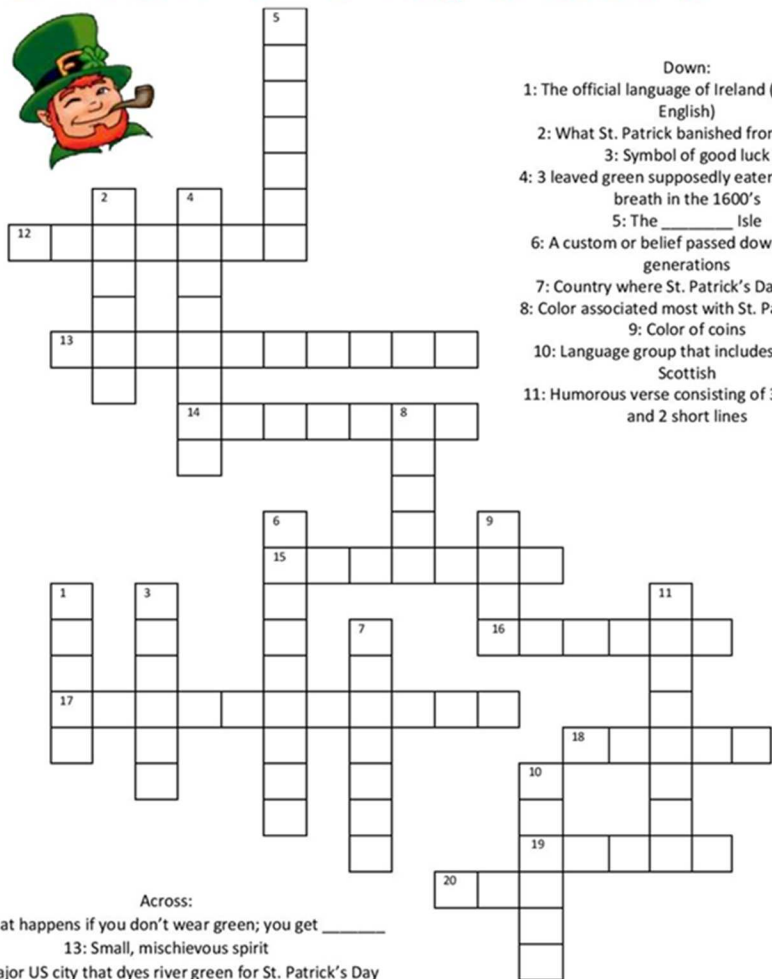
When there is inclement weather, we may not be able to deliver your meal.

Please listen to WLVB 93.9 or check our Facebook page for closing updates. Please use your blizzard meal for weather closings.

**\*Menu Subject to Change**

Meals on Wheels of Lamoille County Supports the Americans with Disabilities Act.  
 If you feel you have been discriminated against in the nutrition program, please call the  
**Central Vermont Council on Aging 1-802-477-1364**

## St. Patrick's Day Crossword



- Down:
- 1: The official language of Ireland (along with English)
  - 2: What St. Patrick banished from Ireland
  - 3: Symbol of good luck
  - 4: 3 leaved green supposedly eaten to freshen breath in the 1600's
  - 5: The \_\_\_\_\_ Isle
  - 6: A custom or belief passed down through generations
  - 7: Country where St. Patrick's Day started
  - 8: Color associated most with St. Patrick's Day
  - 9: Color of coins
  - 10: Language group that includes Irish and Scottish
  - 11: Humorous verse consisting of 3 long lines and 2 short lines

Across:

- 12: What happens if you don't wear green; you get \_\_\_\_\_
- 13: Small, mischievous spirit
- 14: Major US city that dyes river green for St. Patrick's Day
- 15: What you follow to get to the pot of gold
- 16: Capital of Ireland
- 17: Day of the month that St. Patrick's Day falls on
- 18: Month that St. Patrick's Day is in
- 19: Having good luck
- 20: What you find at the end of the rainbow; \_\_\_ of gold

## EATING TO MANAGE GOUT

Healthy Aging  
 a division of the  
 Academy of Nutrition  
 and Dietetics  
 eat right.

Gout has been called the "disease of kings and the king of diseases." This is because it is associated with rich foods, such as meats and alcohol. Animal products (like meat) are high in purines, which are molecules that contribute to gout attacks when you digest them.

Genetics, age, sex, and overall health are also factors. The food you eat is not a cure but can play an important part in helping to control your gout.



### MORE WATER AND LESS ALCOHOL



Alcohol, especially beer, produces uric acid which causes gout attacks. Instead of alcohol, try to drink 8 to 16 cups of fluid/day, at least half of which should be water.

### A BALANCED DIET LOW IN MEAT

A generally healthy diet is a good gout diet. Choose more fruits, vegetables, and whole grains. Avoid added sugar. Keep red meat and fish between 4 and 6 oz per day. Get most of your protein from lean poultry, dairy, eggs, nuts, beans, and tofu.



### OVERALL HEALTH

A number of common health conditions have been linked to gout, including high blood pressure, diabetes, and cardiovascular disease. Many of these are related to lifestyle, so eating well, getting adequate sleep and exercising regularly will also help manage your gout.



This information is educational. Please consult with your physician, RDMS and dietetic team for specific guidance. Source: [https://www.nutritionaction.org/topics/health-care/gout/gout\\_id=1611&id=1272979642-2312191000\\_to\\_c\\_id=2972970000\\_h=advertising&utm\\_source=32000000](https://www.nutritionaction.org/topics/health-care/gout/gout_id=1611&id=1272979642-2312191000_to_c_id=2972970000_h=advertising&utm_source=32000000)