

“Hatching” a New Plan this Easter

Nutrition Notes by Natalie

By the time you read this article you will be well adjusted to Day Light Savings time, but as I write to you today, just one day after the main event, I must admit I am not adjusting to the change as well as I would have liked. I feel like I need a nap! Although this event is catching me off guard, change brings opportunity and here at Senior Nutrition we are in knee deep. Some of you are probably starting to feel a little uncomfortable right now, because although change is inevitable the thought of it makes most of us feel a little “uneasy.” Fear not, let’s walk through some new things you are probably already starting to see in our program.



First and foremost, our menu will start looking a little different. With the addition of all new entrees and favorites like meatloaf, salmon, and spaghetti served more often, you’ll hopefully start to enjoy some of the new cuisine coming your way. Foods like French dip and chicken meatball sandwich, orange chicken, roasted pork, Greek inspired plates with baklava, and even a coconut curry chicken are starting to make their debut! We are having so much fun and truly appreciate everyone’s willingness to be adventurous with us. I find it is very easy to get into a food rut. I do it at home all the time and then one day I think, let’s try something new. Variety is good because it’s the best way to get in all the essential nutrients needed to stay fit and healthy.

Here at Senior Nutrition we understand that people have different definitions of a healthy diet that goes beyond the variety of food they eat. Some prefer to consume a plant based or vegetarian diet while others want meat and potatoes. This can be challenging when planning a menu for over 500 people each day. Originally, the goal was to cater to all by serving one beef, one pork, one chicken, one turkey, one fish, and one vegetarian meal each week BUT I ran out of days of the week! For some it wasn’t enough vegetarian

choices, for others it was too much. Although our vegetarian meals are delicious and secretly my personal favorite, I do realize that this fondness is not universal. In fact, our numbers seem to drop on days when a vegetarian meal is served. It seems that we have a large ratio of carnivores over herbivores, with a mix of omnivores I’m sure. ☺ In an effort to increase our numbers, but still cater to masses, a plan was hatched!

What if we pull the vegetarian meals off the regular menu cycle so we can offer certain menu favorites more often and allow our vegetarian lovers to have a menu option on a daily basis instead of just once a week? Introducing the launch of our alternative menu option. Let me walk you through this pilot program.

Each day there will be an option to order an alternate entrée. To start, the entrees offered will be Clam Chowder, Split Pea Soup, and Vegetarian Lasagna. What that means is you can essentially swap out the main entrée for one of these alternates but still receive the rest of the menu items for that day. For instance, if we are serving halibut and you don’t like fish, you can choose a different entrée like split pea soup but still receive the rice, asparagus, strawberries, and milk. Pretty cool, right?

In the beginning, **only** the congregate sites will have this option. It will start in March at a few of the smaller sites and if it is successful, we will open it up to all the sites, and then eventually to home delivery participants as well.

There is a small catch! You **must** fill out a request form at the site at least 24 hours in advance. If you are a planner, like me, look ahead and order your alternate way in advance. So, grab a friend and invite them to lunch at one of our eight locations and come try out some of our new menu selections! If these new menu items don’t do it for you, talk to the site coordinator about ordering an alternative menu item instead. I hear the clam chowder is fantastic! Bon Appétit.

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