



Tasty Tidbits

May 2019



Memorial Day, May 27, 2019

No Home Deliveries

Café Classico is Closed

Please call by Noon Friday May 17th to order frozen meals for the 3 day weekend.

Eggs!



May is a perfect month to celebrate the arrival of spring, mothers, and the Incredible Egg!

While eggs are commonly associated with breakfast and protein, many aren't aware of the nutrient package the whole egg provides. One large egg has varying amounts of 13 essential vitamins and minerals, and high-quality protein for only 70 calories. Plus, nutrition research suggests eggs can play a role in weight management, muscle strength, healthy pregnancy, brain function, eye health and more.

Eggs contain the important nutrient lutein that has long been associated with eye health but research has discovered lutein's role in cognition as well. Lutein is believed to reduce the risk of developing cataracts and slow the progression of age-related macular degeneration, a disease that develops with age.

The high-quality protein in eggs are building blocks needed to support healthy bones and muscles. Research suggests that exercise, along with optimal protein intake, can slow the effects of sarcopenia or chronic age-related muscle loss.

Eggs can help with weight loss. In a study of overweight adults, calorie-restricted diets that included either eggs or a bagel for breakfast were compared; the people who consumed eggs for breakfast lowered their body mass index by 61%, lost 65% more weight, and reported feeling more energetic than those who ate a bagel for breakfast.

Eat a good breakfast, maybe with eggs!

Meals on Wheels of Boulder will help with maintaining good nutrition by bringing a healthy, delicious lunch.

Meals on Wheels of Boulder
909 Arapahoe Ave, Suite 121
Boulder, CO 80302
mowboulder.org

Tuesday night dinners at Café Classico

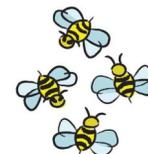
*(Dinner buffet served 5:00 pm—6:00 pm
~ only \$7/person or 10 meal punch card for \$63)*

May 7th
Cornish Game Hen
or
Baked Cod
From Chef Kirk



May 14th
Indian Tacos
with
Beef or Salmon
From Chef CrazyBear

May 21st
Tennessee Chicken (not spicy)
or
Apple Stuffed Pork Chops
From Chef CrazyBear



May 28th
Beef Ravioli
or
Shrimp Scampi
From Chef Kirk

*(please make reservations at
303.441.3148)*

If you have questions, please don't
hesitate to call
Lehshel or Janean at:
Meals on Wheels of Boulder.
303-441-3908

