



Your guide to supporting health and happiness for seniors, one meal at a time.

Nourish AND Flourish

Food is more than sustenance. For seniors especially, it's a connection to vitality, cherished memories and life's simple pleasures. In this guide, you'll find recipe inspiration, delicious products and engaging activity ideas to create nutritious, comforting and sophisticated dining experiences for residents.



Turkey & Mozzarella Genovese



Find more recipes and tips to elevate your senior living menu at butterballfoodservice.com/healthcare

Mindful MORNINGS

Whether seniors are looking for an indulgent or a healthy start to their day, turkey delivers protein-packed goodness in delicious breakfast dishes. Get inspired with recipes like the perfectly portioned [Turkey Bacon Avocado Egg Boats](#) or the crispy [Taverna Breakfast Panini](#). For indulgence with a healthy twist, try [Skillet Sausage and Apples Over Waffles](#).

National Spinach Day

March 26

Spotlight this nutrient-dense leafy green in recipes throughout the day.



Adding more veggies to dishes promotes [healthy activity and cognition](#) and meets MIND diet recommendations.

TIP

Turkey bacon is a [smart substitute](#) for traditional bacon in sandwiches or on the side as an add-on to breakfast dishes.



↑
TAVERNA BREAKFAST PANINI



↑
SKILLET SAUSAGE AND APPLES OVER WAFFLES

GET ACTIVE

Organize a morning walk for residents to get exercise and boost mood.



TURKEY BACON AVOCADO EGG BOATS →



Midday DELIGHTS

Make lunchtime an unmissable occasion with exciting options like the **Sweet & Sour Turkey Wrap**, **Sweet Thai Chili Turkey Over Fried Rice** or a fresh and comforting **Pesto Turkey Tortellini Soup**.

National Turkey Lovers Month

June

Inspire nostalgia by featuring the familiar taste of Butterball turkey in delicious recipes throughout the day.



Turkey is a lean protein, packed with cognition-supporting vitamins and minerals like L-tryptophan, selenium, tyrosine and zinc.

TIP

Make it easier for residents to save leftovers by portioning into sustainable takeaway containers.



↑
SWEET THAI CHILI TURKEY OVER FRIED RICE



↑
PESTO TURKEY TORTELLINI SOUP

SWEET & SOUR TURKEY WRAP



MIX IT UP

Let residents choose their own ingredients for custom-blended smoothies.



Dinner AND DISCOURSE

Elevate dinnertime for residents by serving gourmet-inspired dishes like the [Turkey Asparagus Cauliflower Risotto](#), blending familiar and global flavors with a [Thai Turkey Burger](#) or sizzling up colorful [Grilled Fajita Turkey Skewers with Avocado Crema](#).

GET COOKING

[Cooking classes](#) can introduce seniors to new foods and techniques while engaging fine motor skills and encouraging socialization.

National Culinary Arts Month

July

Get creative and celebrate innovative cuisine all month with exciting flavors and ingredients.



Offering restaurant-style dining provides opportunities for seniors to [connect with each other](#), which can boost cognition and mood.

TIP

Swap Greek yogurt for sour cream in recipes to offer a protein boost and gut-friendly probiotics.



↑ [GRILLED FAJITA TURKEY SKEWERS WITH AVOCADO CREMA](#)



↑ [TURKEY ASPARAGUS CAULIFLOWER RISOTTO](#)



[THAI TURKEY BURGER](#) →



Snack BREAK

From simple and nutritious to unique and intriguing, snacks can help supplement seniors' diets and give them a break from the routine. Try a fresh, small plate in the morning like **Sausage & Egg Toast**, offer a bite of sweet-and-savory protein with **Honey Bourbon Peppered Candied Turkey Bacon** or serve a veggie-forward **Tangy Asian BBQ Wrap** for a midday pick-me-up.

National Snack Day

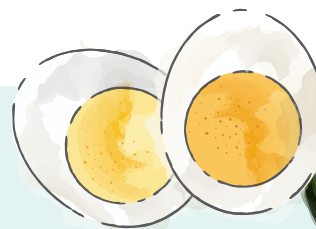
March 4

Serve a range of healthy, indulgent or creative small plates in place of traditional entrées.



TIP

Creating more snacking occasions throughout the day can help **encourage residents** to leave their rooms or apartments and interact with others.



↑
**TANGY ASIAN
BBQ WRAP**



↑
**HONEY BOURBON
PEPPERED CANDIED
TURKEY BACON**



**SAUSAGE &
EGG TOAST** →

SNACK IN STYLE

Add a touch of class to the evening with a cocktail (or mocktail) hour or wine tasting paired with delicious finger foods.

