


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>♥ BBQ Chicken Sandwich or <u>Kielbasa w/Sauerkraut</u> on a Bun Lyonnaise Potatoes Confetti Bean Salad Wacky Cake</p> <p style="text-align: right;">2</p>	<p>♥ Chicken Pasta w/Peanut Sauce or <u>Beef Cabbage Bake</u> Country Trio Vegetables Fresh Melon Cup Sunflower Seed Roll Butterscotch Bar</p> <p style="text-align: right;">3</p>	<p>♥ Spinach Lasagna or <u>Farmer's Chicken Stew</u> Whole Kernel Corn Greek Tossed Salad Garlic Roll Sherbet</p> <p style="text-align: right;">4</p>	<p>♥ Roast Turkey w/Gravy or <u>German Meatballs</u> Colcannon Potatoes Scandinavian Blend Vegt Dill Bread Sugar Cookie</p> <p style="text-align: right;">5</p>	<p>♥ Meatloaf Sand Half or <u>Turk Pastrami Sand Half</u> on Whole Wheat Bread Chicken Mixed Rice Soup Carrot Mandarin Salad Chocolate Fluff</p> <p style="text-align: right;">6</p>
<p>♥ Beef Stew or <u>Southern Chicken & Rice</u> Lima Beans Garden Vegetable Salad Squash Roll Gelatin Jewels w/Whipped Topping</p> <p style="text-align: right;">9</p>	<p>♥ Baked Ham w/Orange Sc or <u>Roast Beef w/Gravy</u> Garlic Whipped Potatoes Whole Kernel Corn Seven Grain Bread Joy's Applesauce Cookie</p> <p style="text-align: right;">10</p>	<p>♥ Turkey & Cheddar Salad or <u>Krab Salad</u> on Spinach Romaine Cream of Broccoli Soup Whole Wheat Roll Pumpkin Bar</p> <p style="text-align: right;">11</p>	<p>♥ Tuna Salad Sand Half or <u>Chicken Salad Sand Half</u> on Whole Wheat Bread Minestrone Soup Marinated Vegetable Salad Vanilla Pudding</p> <p style="text-align: right;">12</p>	<p>♥ Caribbean Chicken Brst or <u>Roast Pork w/Gravy</u> Steamed Spinach Cuke/Tomato/Onion Salad Rye Bread Peach Crisp</p> <p style="text-align: right;">13</p>
<p>♥ Tuna Loaf w/Cream Sc or <u>Beef Mushroom Patty</u> Lyonnaise Potatoes Broccoli Cuts Oatmeal Bread Lemon Pudding</p> <p style="text-align: right;">16</p>	<p>♥ Chicken Supreme or <u>Meatloaf w/Gravy</u> Whipped Potatoes Peas & Carrots Herbed Bread Red Poke'n Pour Cake</p> <p style="text-align: right;">17</p>	<p>♥ Shvd Turkey Sand Half or <u>Cold Cut Sand Half</u> on Whole Wheat Bread Split Pea Soup Marinated Zucchini Salad Chocolate Oat Bar</p> <p style="text-align: right;">18</p>	<p>♥ Veal Scallopini or <u>Homestyle Turkey Patty</u> Whipped Potatoes Cut Green Beans Multigrain Bread Fresh Watermelon</p> <p style="text-align: right;">19</p>	<p>♥ Ham & Cheese Salad or <u>Egg Salad</u> on Spinach Romaine Lentil Soup Whole Wheat Roll Cowboy Cookie</p> <p style="text-align: right;">20</p>
<p>♥ Brd Bkd Fish w/Tartar Sc or <u>Chicken Patty Parmesan</u> Delmonico Potatoes Sunshine Salad Multigrain Roll Mocha Nut Cookie</p> <p style="text-align: right;">23</p>	<p>♥ Turkey Salad or <u>Ham Salad</u> with Whole Wheat Roll Navy Bean Soup Country Slaw Peanut Butter Bar</p> <p style="text-align: right;">24</p>	<p>♥ Broccoli Cheese Strata or <u>Spaghetti w/Meat Sauce</u> Green Peas Summer Mixed Fruit Cup Potato Wheat Roll Chocolate Pudding or Birthday Cake</p> <p style="text-align: right;">25</p>	<p>♥ Hot Beef Sandwich or <u>Hot Turkey Sandwich</u> Whipped Potatoes w/Gravy Mixed Vegetables Whole Wheat Bread Zucchini Brownie or Birthday Cake</p> <p style="text-align: right;">26</p>	<p>♥ Swiss Style Beef Patty or <u>Ham Meatballs</u> Scalloped Potatoes Peas & Onions Cracked Wheat Bread Birthday Cake</p> <p style="text-align: right;">27</p>
<p>♥ Swt/Sr Turkey w/Rice or <u>Diced Beef & Pasta</u> Broccoli Cuts Cardinal Pear Salad French Roll Chocolate Chip Bar</p> <p style="text-align: right;">30</p>	<p>♥ Zucchini Lasagna or <u>White Chili w/Chicken</u> Whole Kernel Corn Country Coleslaw Oat Bran Roll Cinnamon Applesauce</p> <p style="text-align: right;">31</p>	<p style="text-align: center;">Suggested Donation: \$2.75 per meal</p> <p style="text-align: center;">1% Milk served with all meals</p>	<div style="text-align: center;">  <p>WOMEN'S EQUALITY DAY THURSDAY, AUG. 26</p> </div>	<p style="text-align: center;">NORTHWEST SENIOR & DISABILITY SERVICES</p> <p style="text-align: center;">AUGUST 2010</p>

Is Organic Produce Better for You?

You know that eating fresh fruits and vegetables is good for your health. But are organic fruits and vegetables safer or more nutritious or worth the extra cost? What does organic mean?

When produce is labeled with the USDA Organic label, it means the fruit or vegetable was produced without conventional pesticides, synthetic fertilizers, sewage sludge, bioengineering, or ionizing radiation.

Research has shown that organic produce has less pesticide residues than conventional produce. But the residues in conventional produce was still found to be well below the level that is considered unsafe.

Research has not been able to show that organic fruits and vegetables are more nutritious than conventional produce. Finally, organic produce cost from 50 percent to 100 percent more than conventional grown fruits and vegetables.

So, if you are mostly interested in reducing pesticides in your food and can afford it, buy organic versions of spinach, green peas, sweet bell peppers, celery, potatoes, apples, peaches, pears, cherries and berries.

If you do not want to spend the money on organic produce, you can still reduce pesticide residues by:

- Washing and scrubbing produce under running water (don't use soap!) to remove dirt, bacteria, and surface pesticide residues.
- Remove the peel from fruits and vegetables.
- Remove the outer leaves of leafy vegetables.
- Eat a variety of foods from different sources.



Dining Centers & Days of Service Call for Lunch Reservations

**MARION, POLK
& YAMHILL COUNTIES**
Dallas, La Creole Manor
Monday - Friday (503) 623-6232

**McMinnville,
McMinnville Senior Center**
Monday - Friday (503) 472-4214

Monmouth, Monmouth Sr. Center
Monday - Friday (503) 838-2084

**Mt. Angel,
Mt. Angel Community Center**
Tuesday/Thursday (503) 845-9464

Newberg, Chehalem Senior Center
Monday - Friday (503) 538-1490

**Sheridan, Church of the
Nazarene**
Monday - Friday (503) 843-2000

Silverton, Silverton Sr. Center
Monday - Friday (503) 873-6906

**Stayton, Stayton
Community Center**
Monday - Friday (503) 769-7995

**Woodburn,
First Presbyterian Church**
Monday - Friday (503) 981-3470

Salem, Capital Baptist Church
Monday - Friday (503) 365-9694

Salem, South Salem Sr. Center
Monday - Friday (503) 589-1748

Salem, Kingwood West
Monday - Friday (503) 363-3246

Salem, Southeast Neighbors
Monday - Friday (503) 371-0700