


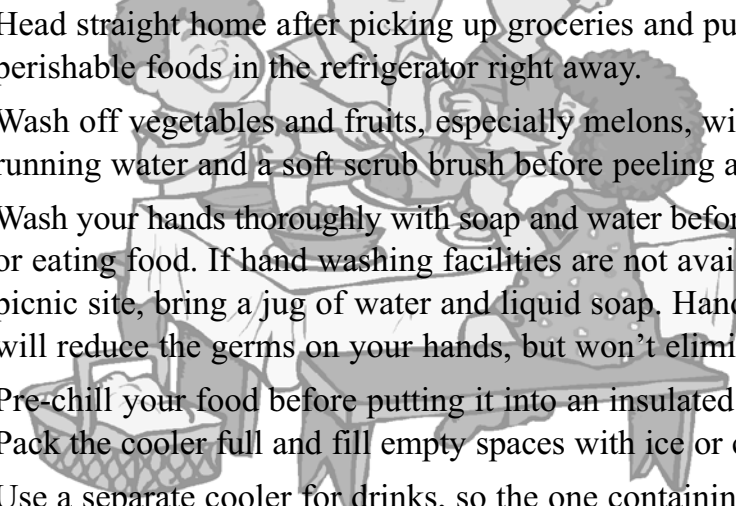
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center"><b>NORTHWEST SENIOR &amp; DISABILITY SERVICES</b></p> <p align="center"><b>JULY 2010</b></p>		<p align="center">Suggested Donation: \$2.75 per meal</p> <p align="center">1% Milk served with all meals</p>	<p>♥ <b>Chicken a la King</b> or <b>Braised Beef Tips</b> over Steamed Rice Capri Blend Vegetables Spinach Romaine Salad Squash Roll Banana Coconut Pudding 1</p>	<p>♥ <b>Sloppy Joe</b> or <b>Kielbasa w/Sauerkraut</b> on a Bun Whole Kernel Corn Carrot Mandarin Salad Holiday Confetti Cake 2</p>
<p><u>Closed for the Holiday</u></p>  <p align="right">5</p>	<p>♥ <b>Seafood Patty</b> or <b>Beef Patty</b> on a Bun Baked Beans Marinated Vegetable Salad Ranger Cookie 6</p>	<p>♥ <b>Chicken Tetrazzini</b> or <b>Chili Meatballs</b> Steamed Carrots Marinated Zucchini Salad Oat Rye Roll Butterscotch Fluff 7</p>	<p>♥ <b>Roast Beef</b> or <b>Shoyu Chicken Breast</b> Whipped Potatoes w/Gravy Green Peas Bran Wheat Bread Apple Crisp 8</p>	<p>♥ <b>Chkn Salad Sand Half</b> or <b>Egg Salad Sand Half</b> on Whole Wheat Bread Lentil Soup Country Slaw Chocolate Zucchini Brownie 9</p>
<p>♥ <b>Breaded Baked Fish</b> w/Dill Sauce or <b>Meatloaf w/Gravy</b> Scalloped Potatoes Steamed Spinach Multigrain Bread Pistachio Pudding 12</p>	<p>♥ <b>Chicken Patty w/Gravy</b> or <b>Roast Pork w/Gravy</b> Whipped Potatoes w/Gravy Broccoli Cuts Herb Bread Frosted Orange Cake 13</p>	<p>♥ <b>Saus Mushroom Strata</b> or <b>Hungarian Beef Goulash</b> Whole Kernel Corn Mandarin Pineapple Gelatin Rye Roll Almond Cookie 14</p>	<p>♥ <b>Shvd Turkey Sand Half</b> or <b>Shaved Ham Sand Half</b> on Whole Wheat Bread Chunky Tomato Rice Soup Creamy Coleslaw Peanut Butter Bar 15</p>	<p>♥ <b>Rotisserie Chicken Brst</b> or <b>Western Breaded Beef</b> <b>Patty w/Country Gravy</b> Lyonnais Potatoes Green Peas Seven Grain Bread Fresh Cantaloupe 16</p>
<p>♥ <b>Cream Chicken &amp; Vegt</b> or <b>Liver &amp; Onions w/Gvy</b> Whipped Potatoes Capri Blend Vegetables Sunflower Seed Bread Molasses Cookie 19</p>	<p>♥ <b>Beef Stuffed Grn Pepper</b> or <b>Macaroni &amp; Cheese</b> Cut Green Beans Pineapple Coleslaw Potato Wheat Roll Ice Cream Cup 20</p>	<p>♥ <b>Turkey Salad</b> or <b>Tuna Salad</b> with Whole Wheat Roll Cream of Broccoli Soup Creamy Cucumber Salad Cherry Whip 21</p>	<p>♥ <b>Lima Beans &amp; Tk Ham</b> or <b>Mexican Pasta Bake</b> Whole Kernel Corn Romaine Iceberg Salad French Roll Fresh Watermelon 22</p>	<p>♥ <b>Roast Turkey</b> or <b>Homestyle Pork Patty</b> Whipped Potatoes w/Gravy Mixed Vegetables Onion Bread Bread Pudding w/Raisins 23</p>
<p>♥ <b>Salisbury Patty w/Gravy</b> or <b>Bkd Ham w/Orange Glz</b> Whipped Sweet Potatoes Lima Beans Cracked Wheat Bread Gelatin Jewels w/Whipped Topping 26</p>	<p>♥ <b>Meatloaf Sandwich Half</b> or <b>Two Cheese Sand Half</b> on Whole Wheat Bread Popeye Potato Soup Carrot Raisin Salad Banana Chocolate Chip Bar 27</p>	<p>♥ <b>Chicken Pot Pie</b> or <b>Pork Sausage Gravy</b> over Buttermilk Biscuit French Cut Green Beans Spinach Romaine Salad Oatmeal Cookie or Birthday Cake 28</p>	<p>♥ <b>Turkey Loaf w/Cream Sc</b> or <b>Beef Patty w/Peppers</b> <b>&amp; Onions</b> Sour Cream/Chive Potatoes Pickled Beets Multigrain Roll Rice Pudding or Birthday Cake 29</p>	<p>♥ <b>Veal Parmesan</b> or <b>Krab Patty w/Tartar Sauce</b> Delmonico Potatoes Broccoli Normandy Oat Bran Bread Birthday Cake 30</p>

## ***Food & Summer Sun Don't Mix***

**S**ummertime is a good time for family and friends to gather, socialize and have fun. But cookouts and picnics can be ruined if safe food handling and preparation techniques aren't followed.

Any food can become contaminated with bacteria that causes food poisoning. The bacteria can multiply rapidly when foods are left in warm summer temperatures. Food-borne illness symptoms are much like those of the flu: headaches, diarrhea, vomiting, abdominal cramps and fever.

Here are some safety tips to keep in mind when planning an outdoor meal:

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- Head straight home after picking up groceries and put the perishable foods in the refrigerator right away.
  - Wash off vegetables and fruits, especially melons, with cool, running water and a soft scrub brush before peeling and cutting.
  - Wash your hands thoroughly with soap and water before preparing or eating food. If hand washing facilities are not available at the picnic site, bring a jug of water and liquid soap. Hand sanitizers will reduce the germs on your hands, but won't eliminate them.
  - Pre-chill your food before putting it into an insulated cooler. Pack the cooler full and fill empty spaces with ice or cold packs.
  - Use a separate cooler for drinks, so the one containing cold food won't be constantly opened and closed.
  - Bring only the amount of food you plan to eat. If you plan on getting hot take-out foods such as fried chicken, eat them within an hour of pickup.
  - Discard any food left out more than two hours, or one hour if the temperature is above 90° F.
  - If a cooler is not available, take fruit, vegetables, hard cheese, canned or dried meats, dry cereal, bread, crackers, or peanut butter.

### **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, Praise Assembly Church**  
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