


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>♥ <b>TURK LOAF w/CRM SC OR BEEF PATTY w/PEPP/ONIONS</b> Sour Cream/Chive Potatoes Pickled Beets Multigrain Roll Rice Pudding 2</p>	<p><b>HAM SALAD</b> with Whole Wheat Roll Cream of Broccoli Soup Applesauce Molasses Cookie 3</p>	<p>♥ <b>BBQ CHICKEN SAND OR KIELBASA w/SAUERKRAUT</b> on a Bun Lyonnaise Potatoes Confetti Bean Salad Wacky Cake 4</p>	<p><b>CHICKEN CAESAR SALAD</b> w/Caesar Dressing Whole Wheat Roll Ambrosia Fruit Cup 5</p>	<p>♥ <b>SPINACH LASAGNA OR FARMER'S CHICKEN STEW</b> Whole Kernel Corn Greek Tossed Salad Garlic Roll Sherbet 6</p>
<p>♥ <b>ROAST TURKEY w/GRVY OR GERMAN MEATBALLS</b> Colcannon Potatoes Scandinavian Blend Vegt. Dill Bread Sugar Cookie 9</p>	<p><b>MEATLOAF SANDWICH HALF</b> on Whole Wheat Bread Chicken Mixed Rice Soup Carrot Mandarin Salad Chocolate Fluff 10</p>	<p>♥ <b>BEEF STEW OR SOUTHERN CHICKEN &amp; RICE</b> Lima Beans Garden Vegetable Salad Squash Roll Gelatin Jewels w/Top 11</p>	<p><b>KRAB SALAD</b> with Whole Wheat Roll Split Pea Soup Marinated Zucchini Salad Chocolate Oat Bar 12</p>	<p>♥ <b>BKD HAM w/ORANGE SC OR ROAST BEEF w/GRAVY</b> Garlic Whipped Potatoes Whole Kernel Corn Seven Grain Bread Joy's Applesauce Cookies 13</p>
<p>♥ <b>CARIBBEAN CHICK BRST OR ROAST PORK w/GRAVY</b> Steamed Spinach Cuke/Tomato/Onion Salad Rye Bread Peach Crisp 16</p>	<p><b>TURKEY SALAD</b> with Whole Wheat Roll Minestrone Soup Golden Fruit Cup Oatmeal Cookie 17</p>	<p>♥ <b>TUNA LOAF w/CREAM SC OR BEEF MUSHROOM PATTY</b> Lyonnaise Potatoes Broccoli Cuts Oatmeal Bread Lemon Pudding 18</p>	<p><b>SHAVED HAM &amp; CHEESE SANDWICH HALF</b> on Whole Wheat Bread Cream of Cauliflower Soup Four Bean Salad Lime Whip 19</p>	<p>♥ <b>CHICKEN SUPREME OR MEATLOAF w/GRAVY</b> Whipped Potatoes Peas &amp; Carrots Herbed Bread Red Poke'n Pour Cake 20</p>
<p>♥ <b>VEAL SCALOPINI OR HS TURKEY PATTY w/GVY</b> Whipped Potatoes Cut Green Beans Multigrain Bread Fresh Watermelon 23</p>	<p><b>COLD CUT SANDWICH HALF</b> on Whole Wheat Bread Lentil Soup Spinach Romaine Salad Cowboy Cookie 24</p>	<p>♥ <b>BRD BKD FISH w/TART SC OR CHICK PATTY PARMESAN</b> Delmonico Potatoes Sunshine Salad Multigrain Roll Mocha Nut Cookie 25</p>	<p><b>CHICKEN SALAD</b> with Whole Wheat Roll Navy Bean Soup Country Slaw Peanut Butter Bar 26</p>	<p>♥ <b>BROCC CHEESE STRATA OR SPAGHETTI w/MEAT SC</b> Green Peas Summer Mixed Fruit Cup Potato Wheat Roll Chocolate Pudding 27</p>
<p>♥ <b>HOT BEEF SANDWICH OR HOT TURKEY SANDWICH</b> Whipped Potatoes w/Gvy Mixed Vegetables Whole Wheat Bread Zucchini Brownie 30</p>	<p><b>EGG SALAD</b> with Whole Wheat Roll Chunky Tomato Rice Soup Marinated Vegetable Salad Butterscotch Pudding 31</p>	<p>A minimum donation of \$3.00 is requested from seniors 60 and older. Seniors under 60 must pay \$6.75  1% Milk Served with All Meals</p>	<p> <b>WOMEN'S EQUALITY DAY</b> THURSDAY, AUG. 26</p>	<p><b>NWSDS</b> <b>CLATSOP &amp; TILLAMOOK</b> <b>COUNTIES</b> <b>AUGUST 2010</b></p>

## ***Is Organic Produce Better for You?***

**Y**ou 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.



### **Clatsop & Tillamook Counties Dining Site Schedules**

#### **SENIOR HELPLINE**

(800) 584-9712

#### **CLATSOP COUNTY**

##### **Seaside**

Bob Chisholm  
Community Center  
Monday - Friday  
(503) 738-9323

##### **Svensen**

Wickiup Grange Hall  
Wednesday Only  
(503) 458-6888

#### **TILLAMOOK COUNTY**

##### **Nehalem**

United Methodist Church  
10th & "A" Street  
Tuesday & Thursday  
(503) 368-3622

##### **Pacific City**

Kiwanda  
Community Center  
34600 Cape Kiwanda Drive  
Monday - Friday  
(503) 965-7900

##### **Tillamook**

Tillamook Senior Center  
316 Stillwell  
Monday - Friday  
(503) 842-9660