

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NWSDS CLATSOP & TILLAMOOK COUNTIES JULY 2010</p>		<p>A minimum donation of \$3.00 is requested from seniors 60 and older. Seniors under 60 must pay \$6.75</p> <p>1% Milk Served with All Meals</p>	<p>GREEK CHICKEN SALAD w/Italian Dressing Whole Wheat Roll Poke'n Pour Cake</p> <p style="text-align: right;">1</p>	<p>♥ BRD BKD FISH W/TART SC OR <u>HS PORK PATTY W/GVY</u> Delmonico Potatoes Broccoli Cuts French Bread Fresh Melon</p> <p style="text-align: right;">2</p>
<p><u>CLOSED FOR HOLIDAY</u> INDEPENDENCE  DAY</p> <p style="text-align: right;">5</p>	<p>SLOPPY JOE on a Bun Whole Kernel Corn Carrot Mandarin Salad Holiday Confetti Cake</p> <p style="text-align: right;">6</p>	<p>♥ <u>CHKN A LA KING W/RICE</u> OR <u>BRAISED BEEF TIPS/RICE</u> Capri Blend Vegetables Spinach Romaine Salad Squash Roll Chocolate Chip Bar</p> <p style="text-align: right;">7</p>	<p>HAM SALAD with Whole Wheat Roll Cream of Cauliflower Soup Four Bean Salad Gelatin Jewels w/Whipped Topping</p> <p style="text-align: right;">8</p>	<p>♥ <u>CHICKEN TETRAZZINI</u> OR <u>CHILI MEATBALLS</u> Steamed Carrots Marinated Zucchini Salad Oat Rye Roll Butterscotch Fluff</p> <p style="text-align: right;">9</p>
<p>♥ <u>ROAST BEEF W/GRAVY</u> OR <u>SHOYU CHICKEN BREAST</u> Whipped Potatoes w/Gravy Cut Green Beans Bran Wheat Bread Apple Crisp</p> <p style="text-align: right;">12</p>	<p>SHAVED TURKEY SANDWICH HALF on Whole Wheat Bread Beef Barley Soup Pineapple Tidbits Zucchini Brownie</p> <p style="text-align: right;">13</p>	<p>♥ <u>BRD BKD FISH W/DILL SC</u> OR <u>MEATLOAF W/GRAVY</u> Scalloped Potatoes Steamed Spinach Multigrain Bread Pistachio Pudding</p> <p style="text-align: right;">14</p>	<p>EGG SALAD with Whole Wheat Roll Chunky Tomato Rice Soup Green Pea Salad Frosted Cake</p> <p style="text-align: right;">15</p>	<p>♥ <u>SAUS MUSHROOM STRATA</u> OR <u>HUNG BEEF GOULASH</u> Whole Kernel Corn Mandarin P/Apple Gelatin Rye Roll Almond Cookie</p> <p style="text-align: right;">16</p>
<p>♥ <u>ROTISS CHKN BRST OR</u> <u>WST BRD BEEF PATTY/GVY</u> Lyonnais Potatoes Country Trio Vegetables Seven Grain Bread Fresh Cantaloupe</p> <p style="text-align: right;">19</p>	<p>TUNA SALAD with Whole Wheat Roll Pinto Bean Soup Ambrosia Salad Chocolate Fluff</p> <p style="text-align: right;">20</p>	<p>♥ <u>CRM CHICKEN & VEGT</u> OR <u>LIVER & ONIONS W/GVY</u> Whipped Potatoes Capri Blend Vegetables Sunflower Seed Bread Molasses Cookie</p> <p style="text-align: right;">21</p>	<p>MEATLOAF SANDWICH HALF on Whole Wheat Bread Potato Onion Chowder Romaine Iceberg Salad Golden Fruit Cup</p> <p style="text-align: right;">22</p>	<p>♥ <u>BEEF STUFF GRN PEPPER</u> OR <u>MACARONI & CHEESE</u> Cut Green Beans Creamy Coleslaw Potato Wheat Roll Ice Cream Cup</p> <p style="text-align: right;">23</p>
<p>♥ <u>ROAST TURKEY OR</u> <u>HOMESTYLE PORK PATTY</u> Whipped Potatoes w/Gravy Mixed Vegetables Onion Bread Brd Pudding w/Raisins</p> <p style="text-align: right;">26</p>	<p>COLD CUT SANDWICH HALF on Whole Wheat Bread Chicken Noodle Soup Marin Spring Garden Salad Butterscotch Bar</p> <p style="text-align: right;">27</p>	<p>♥ <u>SALISBURY PATTY W/GVY</u> OR <u>BKD HAM W/ORNG GLZ</u> Whipped Sweet Potatoes Lima Beans Cracked Wheat Bread Gelatin Jewels w/Top</p> <p style="text-align: right;">28</p>	<p>CHICKEN SALAD with Whole Wheat Roll Lentil Soup Pickled Beets Frosted Cake</p> <p style="text-align: right;">29</p>	<p>♥ <u>CHICKEN POT PIE OR</u> <u>PORK SAUSAGE GRAVY</u> over Buttermilk Biscuit French Cut Green Beans Spinach Romaine Salad Oatmeal Cookie</p> <p style="text-align: right;">30</p>

Food & Summer Sun Don't Mix

Summertime 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:

- 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.

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