

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Turkey Divan Casserole Carrots Marinated Broccoli Salad Cracked Wheat Bread Spiced Peaches 3	Asian Chicken Salad over? Spinach Romaine Vegetable Soup Multigrain Roll Chocolate Pudding 4	Beef & Black Bean Chili Chuckwagon Corn Spinach Romaine Salad Cornbread Cherry Gelatin w/ Whipped Topping 5	Chicken Salad Sandwich Half on Wheat Bread Minestrone Soup Marinated Zucchini Salad Blushing Pears 6	Teriyaki Meatballs w/Steamed Rice Broccoli Carrot Raisin Salad Almond Cookie 7					
Chicken Milano Green Beans Spinach Romaine Salad Garlic Roll Orange Whip 10	Beef Sloppy Joe on a Bun Baked Beans Creamy Coleslaw Lemon Pudding 11	Roast Pork w/ Scallopini Sauce Sr Crm & Chive Potatoes Cabbage & Carrots Cracked Wheat Bread Spiced Apple Slices 12	Garden Turkey Mini Salad over Spinach Romaine Cream of Broccoli Soup Multigrain Roll Golden Fruit Cup 13	Breaded Fish w/Tartar Sc Lyonnaise Potatoes Scandinavian Blend Vegt Wheat Bread Cranberry Crunch Bar 14					
King Ranch Chicken Bake Garlic Roll Steamed Spinach Tossed Salad Peaches 17	Meatloaf Sandwich Half on Wheat Bread Corn Chowder Marinated Zucchini Salad Fresh Fruit 18	Western Goulash Carrots Spinach Romaine Salad Wheat Bread Sugar Cookie 19	Buffalo Style Chicken Sandwich on a Bun Italian Blend Vegetables Marinated Vegetable Salad Ice Cream Cup 20	Roasted Turkey w/Gravy Whipped Sweet Potatoes Green Peas Whole Wheat Roll Spice Cake 21					
 <p>Christmas CLOSED FOR HOLIDAY, DEC. 24-25</p> <p>24 25</p>		Braised Beef Tips w/Gravy Whipped Potatoes Mixed Vegetables Whole Wheat Roll Spiced Apple Slices 26	Shv Turkey Sndwch Half on Wheat Bread Potato Chowder Carrot Raisin Salad Dijonnaise Birthday Cake 27	Oriental Shoyu Chicken w/Brown Rice Herbed Carrots Marinated Broccoli Salad Pineapple-Orng Ambrosia 28					
Chicken w/Paprika Cream Sauce Whipped Potatoes Oregon Bean Medley Wheat Bread Lemon Blondie 31		<p>A suggested 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>NWSDS CLATSOP & TILLAMOOK COUNTIES DECEMBER 2018</p>					

It's OK to 'Bee' Sweet on Honey

Honey has been around since history itself, and is known as nature's sweetener. In Valencia, Spain, there is evidence of honey harvesting on rock paintings, dating back 8,000 years. These paintings depict honey hunters harvesting honey from wild bee colonies. The thick, sweet amber substance we know as honey, is made by bees from the nectar of flowering plants. There are many different honey flavors and colors, which are dependent on the type of flower that the nectar is harvested from.



Honey has more benefits than just its great taste. It's a natural source of carbohydrate that can provide energy to the body. When comparing weight for weight, honey has fewer calories than regular refined sugar. It is a natural sugar made up of 30 percent glucose and 40 percent fructose. The glucose from the honey is quickly absorbed in the body and can give an instant energy boost, whereas the fructose will be absorbed slower, providing continuous energy. This is why honey is known to keep blood sugar levels fairly constant compared to other types of sugars. Athletes are encouraged to use honey as an energy source to boost performance, endurance, and reduce muscle fatigue.

Honey can also help the heart — the antioxidants in honey play a role in preventing cardiovascular disease. When replacing sugar with honey in a diet, studies have shown a slight reduction of blood pressure, lowering of "bad" LDL cholesterol, and also can lead to lower triglyceride levels. Some other benefits of honey that have not been scientifically recognized are its abilities to promote burn and wound healing, helping to suppress coughs or sooth a sore throat and aids in relieving digestive issues.



Adapted from <https://www.naturalfoodseries.com>; <https://www.huffingtonpost.com>;
<https://www.benefits-of-honey.com>; <https://www.ncbi.nlm.nih.gov>; <https://www.healthline.com>
Photos courtesy of <http://alphastockimages.com> (honey) and www.rgbstock.com (bee)

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 & Thursday
(503) 458-6888

TILLAMOOK COUNTY

Nehalem

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

Pacific City

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

Tillamook

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

Our menus include a variety of foods to provide you with well-balanced meals, which are lower in fat and sodium and offer the choice of a diabetic friendly dessert.