

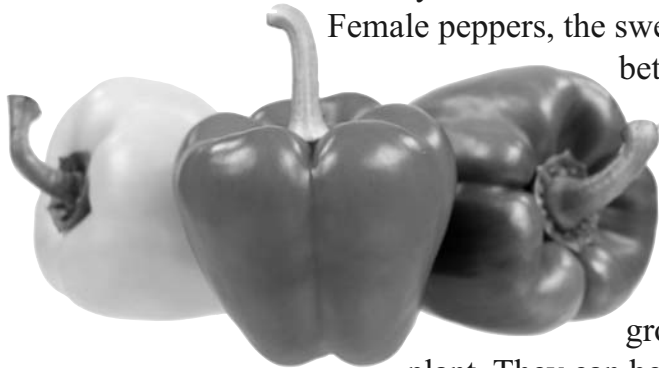


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NWSDS CLATSOP & TILLAMOOK COUNTIES JANUARY 2019</p>	<p><u>Closed for the Holiday</u></p>  <p>1</p>	<p>Swedish Meatballs over Penne Pasta Carrots & Peas Spinach Romaine Salad Lime Whip</p> <p>2</p>	<p>Shaved Turkey Sandwich Half on Wheat Bread Cream of Broccoli Soup Confetti Coleslaw Peaches</p> <p>3</p>	<p>Chicken a la King over Biscuit Mixed Vegetables Spinach Romaine Salad Fresh Orange</p> <p>4</p>
<p>Spaghetti w/Meat Sauce Italian Blend Vegetables Romaine Iceberg Salad French Roll Cherry Gelatin w/Whip Top</p> <p>7</p>	<p>Santa Fe Chicken Mini Salad over Spinach Romaine Pinto Bean Soup Whole Wheat Roll Lemon Cookie</p> <p>8</p>	<p>Chicken Patty w/Dijon Sc Whipped Sweet Potatoes Mixed Vegetables French Roll Carrot Cake</p> <p>9</p>	<p>Meatloaf Sandwich Half on Wheat Bread Special Sauce Chicken Pasta Soup Pickled Beets Spiced Peaches</p> <p>10</p>	<p>Broccoli Omelet Bake Country Trio Blend Vegt Marinated Zucchini Salad Whole Wheat Roll Golden Fruit Cup</p> <p>11</p>
<p>Orange Glazed Chicken Brown Rice Green Beans Coleslaw Hermit Bar</p> <p>14</p>	<p>Trky Salad Sndwch Half on Wheat Bread Sausage & Kale Soup Marinated Broccoli Salad Pineapple</p> <p>15</p>	<p>Macaroni & Cheese Stewed Tomatoes Spinach Romaine Salad Whole Wheat Roll Chocolate Chip Bar</p> <p>16</p>	<p>BBQ Pulled Pork Sndwch on a Bun Cream of Broccoli Soup Pickled Beets Lemon Pudding</p> <p>17</p>	<p>Roasted Turkey w/Gravy Whipped Potatoes Mixed Vegetables Squash Roll Frosted Chocolate Cake</p> <p>18</p>
<p><u>Closed for the Holiday</u></p>  <p>21</p>	<p>Kielbasa Sausage w/Sauerkraut on a Bun Coleslaw Baked Beans Butterscotch Bar</p> <p>22</p>	<p>Braised Beef Tips Mashed Potatoes Capri Blend Vegetables Wheat Bread Banana Pudding</p> <p>23</p>	<p>Garden Chicken Mini Salad over Spinach Romaine Lentil Soup Wheat Bread Spiced Applesauce</p> <p>24</p>	<p>Chicken Pomodoro Green Beans Carrot Raisin Salad Whole Wheat Roll Peanut Butter Cookie</p> <p>25</p>
<p>Pasta Primavera Green Peas Pineapple Slaw Whole Wheat Roll Lemon Blondie</p> <p>28</p>	<p>Teriyaki Chicken Sandwich on a Bun Oriental Blend Vegetables Carrot Slaw Chocolate Pudding</p> <p>29</p>	<p>Chicken Lo Mein Winter Mixed Vegetables Golden Fruit Cup White Dinner Roll Strawberry Ice Cream</p> <p>30</p>	<p>Ham & Potato Salad over Spinach Romaine Vegetable Soup Whole Wheat Roll Birthday Cake</p> <p>31</p>	<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>

Bell Peppers: Eating Boy or Girl?

Capsicum Annum, also known as bell peppers, are a common vegetable that can be eaten raw or cooked. These peppers have seeds, which actually make this common “vegetable” a fruit.

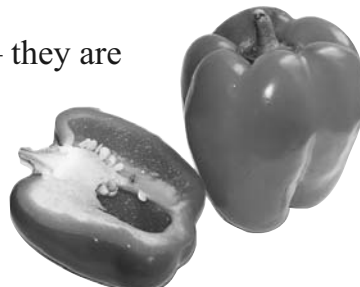
Bell peppers can be categorized as male or female according to the pepper’s anatomy. Peppers with four lobes at the base are considered to be female. These female peppers are normally sweet and full of seeds, whereas peppers with three lobes are considered to be male, are normally not as sweet and contain less seeds.



Female peppers, the sweeter of the two, are better eaten raw or in lightly sautéed dishes, while the male peppers are better suited for baked dishes.

Bell peppers are grown from a flowering plant. They can be grown or bought in different colors: green, red, orange, or yellow. But all bell peppers start their growth from the same seed and all are initially green. The growth and ripening of the bell peppers are what change their color. Starting out green progressing to yellow, then orange, and finally red, the longer the bell pepper ripens, the sweeter the taste will be. Over the years, horticulture has developed genetically modified seeds for each of the different colored bell peppers. These seed have the ability to turn the bell pepper to the desired color faster.

Bell peppers are full of health benefits — they are low in calories and are full of vitamin A, vitamin C, and potassium. They are also a great source of fiber, folate, and iron.



Adapted from <https://ethnicfoodsrus.com/little-known-facts-about-bell-peppers/>;
<http://www.naturefresh.ca/bell-pepper-faqs-facts/>

Photos courtesy of <http://alphastockimages.com>; and Anton Croos via Wikimidia Projects

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.

N. Comeaux, R.D 11/12/2018