





**TUESDAY**

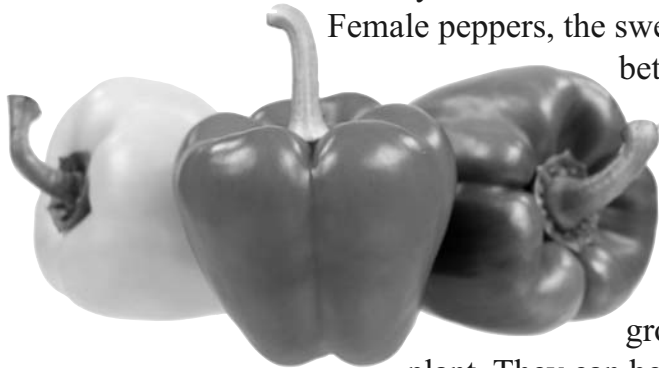
**THURSDAY**

<p><b>NWSDS CLATSOP &amp; TILLAMOOK COUNTIES</b></p> <p><b>JANUARY 2019</b></p>	<p><b>HAPPY NEW YEAR</b></p> <p><b>CLOSED MONDAY, JANUARY 1</b> 1</p>		<p><b>Shaved Turkey Sandwich Half</b> on Wheat Bread Cream of Broccoli Soup Confetti Coleslaw Peaches</p> <p style="text-align: right;"><b>3</b></p>	
	<p><b>Spaghetti w/Meat Sauce</b> Italian Blend Vegetables Romaine Iceberg Salad French Roll Cherry Gelatin w/Whip Top</p> <p style="text-align: right;"><b>8</b></p>		<p><b>Meatloaf Sandwich Half</b> on Wheat Bread Special Sauce Chicken Pasta Soup Pickled Beets Spiced Peaches</p> <p style="text-align: right;"><b>10</b></p>	
 <p><b>MLK DAY</b> <b>MONDAY, JAN. 21</b></p>	<p><b>Orange Glazed Chicken</b> Brown Rice Green Beans Coleslaw Hermit Bar</p> <p style="text-align: right;"><b>15</b></p>		<p><b>BBQ Pulled Pork Sndwch</b> on a Bun Cream of Broccoli Soup Pickled Beets Lemon Pudding</p> <p style="text-align: right;"><b>17</b></p>	
	<p><b>Kielbasa Sausage w/Sauerkraut</b> on a Bun Coleslaw Baked Beans Butterscotch Bar</p> <p style="text-align: right;"><b>22</b></p>		<p><b>Garden Chicken Mini Salad</b> over Spinach Romaine Lentil Soup Wheat Bread Spiced Applesauce</p> <p style="text-align: right;"><b>24</b></p>	
	<p><b>Pasta Primavera</b> Green Peas Pineapple Slaw Whole Wheat Roll Lemon Blondie</p> <p style="text-align: right;"><b>29</b></p>	 <p><b>HAPPY NEW YEAR</b></p>	<p><b>Ham &amp; Potato Salad</b> over Spinach Romaine Vegetable Soup Whole Wheat Roll Birthday Cake</p> <p style="text-align: right;"><b>31</b></p>	<p>A suggested donation of \$3.00 is requested from seniors 60 and older. Seniors under 60 must pay \$6.75</p> <p><b>1% Milk served with all meals</b></p>

# Bell Peppers: Eating Boy or Girl?

**C**apsicum 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