



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Patty w/Mushroom Gravy Whipped Potatoes Broccoli Whole Wheat Roll Pineapple Fluff 2	<u>July 4th Special</u> BBQ Chicken Sandwich on a Bun Baked Beans Potato Salad Fresh Watermelon 3	<u>Closed for the Holiday</u>  4	Garden Turkey Mini Salad over Spinach Romaine Vegetable Soup Whole Wheat Roll Lemon Pudding 5	Ham & Lima Beans Mixed Vegetables Spinach Romaine Salad Whole Wheat Roll Chocolate Oatmeal Bar 6
Chicken Penne Pasta Whole Kernel Corn Creamy Coleslaw Whole Wheat Roll Fresh Honeydew 9	Chkn Salad Sndwch Half on Wheat Bread Shredded Lettuce Navy Bean Soup Marinated Zucchini Salad Cowboy Cookie 10	Homestyle Turkey Patty w/Poultry Gravy Whipped Potatoes Capri Blend Vegetables Herb Roll Peaches 11	Sloppy Joe on a Bun Pineapple Coleslaw Baked Beans Cherry Whip 12	Beef Cabbage Bake Green Peas Carrot Raisin Salad Herb Roll Chocolate Pudding 13
Macaroni & Cheese Stewed Tomatoes Tossed Salad Cracked Wheat Roll Gelatin Jewels w/Whipped Topping 16	Turkey Club Mini Salad over Spinach Romaine Cream of Broccoli Soup Cracked Wheat Roll Butterscotch Pudding 17	Meatloaf w/Creole Sauce Delmonico Potatoes Capri Blend Vegetables Wheat Bread Apple Streusel Cake 18	Tuna Salad Sndwch Half on Wheat Bread Shredded Lettuce Lentil Soup Copper Penny Salad Fresh Cantaloupe 19	Chicken Rice Bake Broccoli Garden Vegetable Salad French Roll Peach Crisp 20
Beef Cheesy Strata Whole Kernel Corn Spinach Romaine Salad Cracked Wheat Roll Fresh Melon Cup 23	Shaved Trky Sndwch Half on Wheat Bread Shredded Lettuce Corn Chowder Marinated Vegetable Salad Strawberry Whip 24	Spaghetti w/Meat Sauce Green Beans Tossed Salad French Roll Chocolate Chip Bar 25	Asian Chicken Salad over Spinach Romaine Cream of Tomato Soup Cracked Wheat Roll Birthday Cake 26	Ham & Scalloped Potatoes Marinated Zucchini Salad Herbed Carrots Wheat Bread Sugar Cookie 27
Hearty Chicken Stew Mixed Vegetables Spinach Romaine Salad French Roll Zucchini Brownie 30	Ham Salad Sndwch Half on Wheat Bread Shredded Lettuce Minestrone Soup Carrot Raisin Salad Golden Fruit Cup 31	A suggested donation of \$3.00 is requested from seniors 60 and older. Seniors under 60 must pay \$6.75 1% Milk Served with All Meals		NWSDS CLATSOP & TILLAMOOK COUNTIES JULY 2018

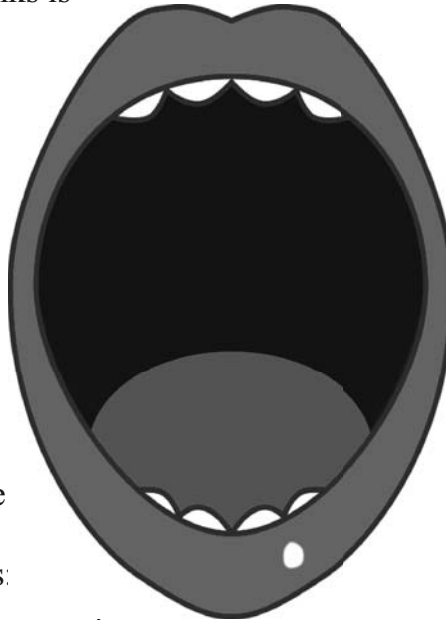
Adapting Key to Change in Taste

Taste combined with smell creates the flavors your brain processes. This is why if you are sick and cannot smell as well, you may not have much of an appetite. We all sense five different flavors: sweet, savory, salty, bitter, and sour. Taste is a crucial sensory function that helps you decide what to eat. Often, people don't prefer bitter or sour tastes because these can alert us to something as being toxic — one reason why vegetables are not always a preferred choice. A like or dislike for certain foods or drinks is due to a variety of factors, such as life experiences, genetics, age, food's appearance, and/or a person's level of exposure to foods.

As you age, you can lose up to half of your taste buds, which is why food can taste less flavorful. Although your taste buds introduce a particular flavor, eating is a package deal. If the food looks appealing, there is a greater chance you will want and like the food.

Fortunately, you have an adaptive taste system; here are some things to try to help lower your food and drink aversions:

- Slowly expose or un-expose; for example, instead of completely removing the salt from food, limit the amount over time. It takes about 6-8 weeks to change your taste bud preferences.
- Prepare and pair the food with different flavors and in different ways on multiple occasions; eating something raw versus sautéed can completely change the flavor context.
- Be exposed to the food in different settings such as eating out with friends; try ordering something you do not normally like on the menu.



Adapted from <https://www.sciencedirect.com>; <https://www.healthyoptions.com.ph>; <http://www.eufic.org>; <https://recipes.howstuffworks.com>; and <https://www.umssystem.edu>

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.