

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NWSDS CLATSOP & TILLAMOOK COUNTIES</p> <p>JUNE 2018</p>	 <p>SUNDAY, JUNE 17, 2018</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>	<p>Spinach Strata Capri Blend Vegetables Spinach Romaine Salad Cracked Wheat Roll Lemon Pudding</p> <p style="text-align: right;">1</p>
<p>Salisbury Steak w/Gravy Whipped Potatoes Country Trio Vegetables French Roll Peaches</p> <p style="text-align: right;">4</p>	<p>Curried Chkn Rice Salad over Spinach Romaine Vegetable Soup French Roll Frosted Orange Cake</p> <p style="text-align: right;">5</p>	<p>Roast Pork Loin w/Gravy Mashed Potatoes w/Gravy Mixed Vegetables French Roll Bread Pudding w/Raisins</p> <p style="text-align: right;">6</p>	<p>Turkey Salad Sandwich Half on Wheat Bread Lentil Soup Marinated Zucchini Salad Peanut Butter Bar</p> <p style="text-align: right;">7</p>	<p>Vegetable Lasagna w/Zucchini Broccoli Cuts Tossed Salad French Roll Frosted Spice Cake</p> <p style="text-align: right;">8</p>
<p>Chicken a la King Rice Green Peas Copper Penny Salad Butterscotch Pudding</p> <p style="text-align: right;">11</p>	<p>Kielbasa Sausage on a Bun Yellow Mustard Baked Beans Coleslaw Spiced Peaches</p> <p style="text-align: right;">12</p>	<p>Slice Roast Turkey/Gravy Whipped Sweet Potatoes Steamed Spinach Whole Wheat Bread Pineapple Crisp</p> <p style="text-align: right;">13</p>	<p>Chkn Garden Mini Salad over Spinach Romaine Cream of Broccoli Soup Whole Wheat Roll Golden Fruit Cup</p> <p style="text-align: right;">14</p>	<p>Beef Patty w/Country Gvy Whipped Potatoes Capri Blend Vegetables Whole Wheat Roll Lemon Whip</p> <p style="text-align: right;">15</p>
<p>Waikiki Chicken Rice Whole Kernel Corn Green Beans Sunflower Seed Roll Peach Cobbler</p> <p style="text-align: right;">18</p>	<p>Chef Salad w/ Ham/Egg/Cheese Green Split Pea Soup Carrot Raisin Salad Sunflower Seed Roll Vanilla Pudding</p> <p style="text-align: right;">19</p>	<p>Macaroni & Cheese Escalloped Tomatoes Normandy Blend Vegt Whole Wheat Roll Apple Crisp</p> <p style="text-align: right;">20</p>	<p>BBQ Pork Sandwich on a Bun Potato Chowder Spinach Romaine Salad Mixed Fruit</p> <p style="text-align: right;">21</p>	<p>Meatloaf w/Creole Sauce Lyonnaise Potatoes Italian Blend Vegetables Whole Wheat Roll Hermit Bar</p> <p style="text-align: right;">22</p>
<p>Hmstyle Pork Patty w/Gvy Mashed Potatoes w/Gravy Scandinavian Blend Vegt Squash Roll Fresh Orange</p> <p style="text-align: right;">25</p>	<p>Santa Fe Chicken Mini Salad over Spinach Romaine Pinto Bean Soup Squash Roll Chocolate Pudding</p> <p style="text-align: right;">26</p>	<p>Apple Turkey Meatballs w/Cider Glz/Penne Pasta Italian Blend Vegetables Spinach Romaine Salad Garlic Roll Rhubarb Cobbler</p> <p style="text-align: right;">27</p>	<p>Ham Salad Sandwich Half on Wheat Bread Shredded Lettuce Corn Chowder Marinated Zucchini Salad Birthday Cake</p> <p style="text-align: right;">28</p>	<p>BBQ Chicken Baked Beans Mixed Vegetables Garlic Roll Spiced Apples</p> <p style="text-align: right;">29</p>

T. Lindsey, R.D.N. 04/09/18

When in Doubt, Throw it Out!

Leftovers, food that is cooked and then stored, can be kept in the refrigerator for three to four days. Any older, be sure to discard the food due to the potential risk of food poisoning. If you make a larger batch of food and want to store some for longer than four days, you can store in the freezer once cooled down properly. Cooked food should not sit out longer than two hours; after that, your risk for getting sick greatly increases because micro-organisms begin to grow, such as E. coli and Salmonella. Here are some tips to help you “steer clear of food-borne illnesses”:

- The refrigerator should be at or below 40° F and your freezer should be 0° F.
- If you want to store food right after cooking, be sure to cool the food to ensure it will not raise the temperature of the entire refrigerator, placing all of your food at risk. One way to cool down food quickly is to divide your food into shallow containers.
- “Ready-to-eat foods” such as deli meats, should be eaten as soon as possible.
- Be alert for any spoiled food! If it smells or even looks questionable, be sure to toss it out.
- Keep track of how long food has been in your refrigerator. Use up the oldest products first.
- Store raw food, like uncooked meats and eggs, on the bottom shelf and your cooked food on the highest shelf. This way there will be no cross contamination.
- Defrost food under cold running water or in the refrigerator. Marinate raw food, covered, in the refrigerator.
- Clean the refrigerator regularly and check expiration dates.
- Keep your refrigerator doors closed as much as possible!



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