
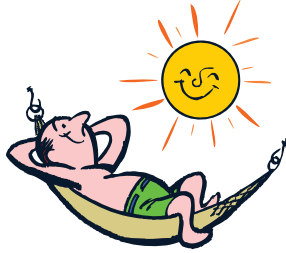



TUESDAY		THURSDAY	
<p><b>NWSDS CLATSOP &amp; TILLAMOOK COUNTIES</b></p> <p><b>JUNE 2018</b></p>	<p><b>Salisbury Steak w/Gravy</b> Whipped Potatoes Country Trio Vegetables French Roll Peaches</p> <p style="text-align: right;">5</p>		<p><b>Turkey Salad Sandwich Half</b> on Wheat Bread Lentil Soup Marinated Zucchini Salad Peanut Butter Bar</p> <p style="text-align: right;">7</p>
 <p><b>FATHER'S DAY</b> SUNDAY, JUNE 17</p>	<p><b>Chicken a la King</b> Rice Green Peas Copper Penny Salad Butterscotch Pudding</p> <p style="text-align: right;">12</p>		<p><b>Chkn Garden Mini Salad</b> over Spinach Romaine Cream of Broccoli Soup Whole Wheat Roll Golden Fruit Cup</p> <p style="text-align: right;">14</p>
	<p><b>Waikiki Chicken</b> Rice Whole Kernel Corn Green Beans Sunflower Seed Roll Peach Cobbler</p> <p style="text-align: right;">19</p>		<p><b>BBQ Pork Sandwich</b> on a Bun Potato Chowder Spinach Romaine Salad Mixed Fruit</p> <p style="text-align: right;">21</p>
	<p><b>Hmstyle Pork Patty w/Gvy</b> Mashed Potatoes w/Gravy Scandinavian Blend Vegt Squash Roll Fresh Orange</p> <p style="text-align: right;">26</p>		<p><b>Ham Salad Sandwich Half</b> on Wheat Bread Shredded Lettuce Corn Chowder Marinated Zucchini Salad Birthday Cake</p> <p style="text-align: right;">28</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>	

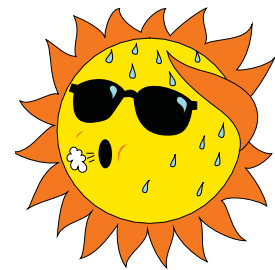


**FLAG DAY**  
THURSDAY, JUNE 14



**SUMMER  
BEGINS!**

THURSDAY, JUNE 21



*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