

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet & Sour Chicken Steamed Brown Rice Oriental Blend Vegetables Marinated Vegetable Salad Almond Cookie 1	Turkey Pasta Salad over Spinach Romaine Homemade Vegetable Soup Wheat Roll Lemon Pudding 2	Swedish Meatballs w/Pasta Mixed Vegetables Wheat Roll Garden Vegetable Salad Cherry Gelatin w/Whipped Topping 3	Chicken Salad Sandwich Half w/Lettuce on Wheat Bread Corn Chowder Confetti Coleslaw Golden Fruit Cup 4	BBQ Smokehouse Chop Baked Beans Pickled Beets Wheat Roll Spiced Peaches 5
Braised Beef Tips w/Gravy Whipped Potatoes Country Trio Vegetables Wheat Roll Ice Cream Cup 8	Taco Salad over Romaine Iceberg Green Split Pea Soup Wheat Bread Molasses Cookie 9	Orange Glazed Chicken w/Brown Rice Normandy Blend Vegt Tossed Salad Pineapple Fluff 10	Kielbasa Sausage on a Bun Potato Salad Baked Beans Ice Cream Cup 11	Roast Turkey w/Gravy Whipped Sweet Potatoes Zucchini w/Red Peppers Wheat Bread Fresh Pear 12
Chicken w/ Paprika Cream Sauce Whipped Potatoes Herbed Carrots Wheat Bread Chocolate Pudding 15	Turkey Salad Sandwich Half w/Lettuce on Wheat Bread Lentil Soup Carrot Raisin Salad Golden Fruit Cup 16	Spaghetti w/Meat Sauce Italian Blend Vegetables Marinated Zucchini Salad Garlic Roll Butterscotch Bar 17	Chef Salad Pinto Bean Soup Whole Wheat Roll Gelatin Jewels w/Whipped Topping 18	Roast Pork w/Gravy Garlic Whipped Potatoes Broccoli Cracked Wheat Bread Spiced Apple Slices 19
Chicken Rice Bake Scandinavian Blend Vegt Spinach Romaine Salad Onion Bread Zucchini Brownie 22	Santa Fe Chicken Mini Salad over Spinach Romaine Corn Chowder Cracked Wheat Roll Lemon Pudding 23	Meatloaf w/Creole Sauce Lyonnaise Potatoes Italian Blend Vegetables Wheat Bread Orange Whip 24	Shaved Ham Sandwich Half w/Lettuce on Wheat Bread Navy Bean Soup Apple Cranberry Coleslaw Birthday Cake 25	BBQ Chicken Potato Salad Green Beans Cracked Wheat Roll Pineapple 26
Turkey Tetrazzini Broccoli Garden Vegetable Salad French Roll Sugar Cookie 29	Buffalo Chicken Sandwich on a Bun Potato Chowder Marinated Corn Salad Peaches 30	Beef Spanish Rice Casserole w/Flour Tortilla Fiesta Vegetables Spinach Romaine Salad Red Devil Beet Cake 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 OCTOBER 2018

Catch latest 'Keen-whah' Trend

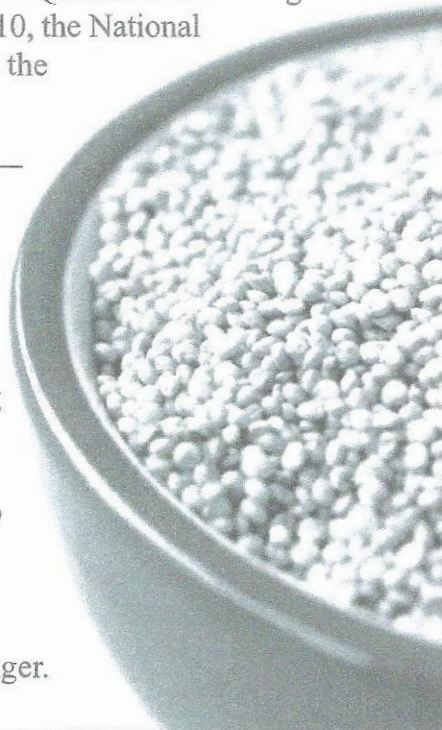
Most people believe that quinoa (pronounced "keen-whah") is a grain, but it is actually a seed. Considered an ancient grain, this nutrient-dense seed originated thousands of years ago in the Andes Mountains. It was known as "the mother of all grains" and was treasured for its rich nutrition. Quinoa has more protein than any other grain or seed. It comes in many different shapes and colors, but is usually seen in the tan or yellow varieties. Quinoa is becoming more popular in North America — in 2010, the National Restaurant Association named Quinoa as the hottest trend in side dishes.

Health benefits of Quinoa

Even though quinoa has been around for centuries, researchers say "it's the new kid on the block". Quinoa is a good choice for individuals who are on a gluten-free diet. It is a plant-based food that is a complete protein, meaning it offers all of the nine essential amino acids needed for survival, and it has a high potassium content, which may help control blood pressure. It may also be useful in reducing the risk for diabetes. Another benefit of this healthy grain is helping with satiety — feeling fuller longer.

How to Cook Quinoa

Before quinoa can be cooked, the outside coating, called saponin, needs to be rinsed off. Saponin is a coating around the grain that acts as a natural pesticide, which make this grain easy to grow without chemical pesticides. Even though most store-bought quinoa has this saponin already removed, an extra rinse won't hurt. You can eat quinoa plain, as a stuffing, or a substitute for other grains such as rice, couscous, or oatmeal. Any way you may like it, make sure to try this hip new trend.



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.