


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">NORTHWEST SENIOR & DISABILITY SERVICES</p> <p style="text-align: center;">AUGUST 2018</p>	<p style="text-align: center;">Suggested Donation: \$3.00 per meal</p>  <p style="text-align: center;">1% Milk served with all meals</p>	<p>Chicken Fettuccine or <u>Vegetable Strata</u> Broccoli Coleslaw Oat Bran Roll Fresh Cantaloupe</p> <p style="text-align: right;">1</p>	<p>Mexican Pasta Bake or <u>Stuffed Grn Pepper w/Beef</u> Chuckwagon Corn Carrot Pineapple Slaw Seven Grain Roll Apple Crisp</p> <p style="text-align: right;">2</p>	<p>Ham & Cheese Mini Salad or <u>Garden Trky Mini Salad</u> Spinach Romaine Potato Onion Soup Whole Wheat Roll Peaches</p> <p style="text-align: right;">3</p>
<p>Roasted Turkey w/Gravy or <u>BBO Smokehouse Chop</u> Lyonnaise Potatoes Broccoli Wheat Bread Spiced Applesauce</p> <p style="text-align: right;">6</p>	<p>White Bean Chili w/Chkn or <u>Macaroni & Cheese</u> Carrots Marinated Zucchini Salad Oat Bran Roll Fresh Watermelon</p> <p style="text-align: right;">7</p>	<p>Beef Spanish Rice Bake or <u>Chicken Spaghetti</u> Green Beans Spinach Romaine Salad Oatmeal Roll Chocolate Pudding</p> <p style="text-align: right;">8</p>	<p>Chef Mini Salad or <u>Asian Chicken Mini Salad</u> Spinach Romaine Corn Chowder Cracked Wheat Roll Fresh Orange</p> <p style="text-align: right;">9</p>	<p><u>Hawaiian Luau Special</u> Waikiki Chicken Breast or <u>Sliced Ham w/Orange Glz</u> Diced Red Potatoes Whole Kernel Corn Herb Roll Coconut Cake</p> <p style="text-align: right;">10</p>
<p>Beef Mushroom Patty or <u>Herbed Chicken Patty/Gvy</u> Delmonico Potatoes Country Trio Vegetables Multigrain Bread Rice Pudding</p> <p style="text-align: right;">13</p>	<p>Spaghetti w/Meat Sauce or <u>Chkn in Peanut Sc/Brn Rice</u> Mixed Vegetables Spinach Romaine Salad Herb Roll Golden Fruit Cup Margarine</p> <p style="text-align: right;">14</p>	<p>Chicken Lo Mein or <u>Ground Beef Stew</u> Whole Kernel Corn Creamy Coleslaw White Dinner Roll Chocolate Ice Cream Cup</p> <p style="text-align: right;">15</p>	<p>Pork Choppie w/Gravy or <u>Turkey Loaf w/Gravy</u> Whipped Sweet Potatoes Scandinavian Blend Vegt Rye Bran Bread Zucchini Brownie</p> <p style="text-align: right;">16</p>	<p>Turkey Salad Sndwch Half or <u>Tuna Salad Sndwch Half</u> Wheat Bread Split Pea Soup Broccoli Raisin Salad Pears</p> <p style="text-align: right;">17</p>
<p>Swt/Sour Chkn w/Brn Rice or <u>Ground Beef & Pasta</u> Broccoli Spinach Romaine Salad Potato Wheat Roll Spiced Peaches</p> <p style="text-align: right;">20</p>	<p>Roast Pork w/Gravy or <u>Turkey Patty w/Gravy</u> Whipped Potatoes w/Gravy Capri Blend Vegetables Multigrain Bread Gelatin Jewels w/Whip Top</p> <p style="text-align: right;">21</p>	<p>Turkey a la King or <u>Beef Patty w/Onion & Pepper Gravy</u> Whipped Potatoes Green Peas Whole Wheat Roll Cherry Whip</p> <p style="text-align: right;">22</p>	<p>Southwest Omelet Bake or <u>Pork Sausage Gravy</u> Biscuit Diced Red Potatoes Golden Fruit Cup Apple Streusel Cake</p> <p style="text-align: right;">23</p>	<p>Chicken Pomodoro or <u>Beef & Cabbage Bake</u> Green Beans Spinach Romaine Salad Sunflower Seed Roll Rocky Road Pudding</p> <p style="text-align: right;">24</p>
<p>Orange Glazed Chicken or <u>Hmstyle Pork Patty w/Gvy</u> Whipped Potatoes Green Peas Wheat Bread Seasonal Fresh Fruit</p> <p style="text-align: right;">27</p>	<p>Chicken Rice Bake or <u>Vegetable Lasagna</u> Mixed Vegetables Spinach Romaine Salad Multigrain Bread Orange Whip</p> <p style="text-align: right;">28</p>	<p>Hearty Chicken Stew or <u>Scalloped Potatoes & Ham</u> Broccoli Tossed Salad Herb Roll Spiced Applesauce</p> <p style="text-align: right;">29</p>	<p>Chicken Salad Sndwch Half or <u>Tuna Salad Sndwch Half</u> Vegetarian Vegetable Soup Broccoli Raisin Salad Wheat Bread Golden Fruit Cup</p> <p style="text-align: right;">30</p>	<p>Salisbury Patty w/Gravy or <u>Brd Bkd Fish w/Tartar Sc</u> Sr Cream & Chive Potatoes Mixed Vegetables Seven Grain Bread Chocolate Chip Bar</p> <p style="text-align: right;">31</p>

August 2018

NORTHWEST SENIOR & DISABILITY SERVICES

bateman
Community Living

T. Lindsey, R.D.N. 06/13/18

Xylitol: Serious Danger for Dogs



Xylitol is a naturally occurring sugar alcohol that is highly toxic to dogs and the risk of exposure seems to increase daily. Although research shows Xylitol is a safe sugar substitute for people to consume, its wide production in both food and non-food products pose a threat to pets.

What products contain Xylitol?

Xylitol is commonly found in your oral care products, such as mouthwash, toothpaste, and gum due to its anti-cavity properties. Xylitol can also be found in lotions, deodorants, and skin gels due to its ability to retain moisture; and throat lozenges, nasal sprays and hard candies due to its cooling sensation on contact with mucous membranes. Xylitol also helps to prevent mold from occurring, which is why it is found in many products. To protect your dogs, you must be sure to examine each ingredient label for both food and non-food products to know if Xylitol is present in your household.

When in doubt, who should I contact?

One of the most critical steps in managing a potential Xylitol poisoning is to obtain the accurate dosage. Pet Poison Helpline, open 24 hours a day, has a large database cataloging the specific Xylitol content for many products, and the list is growing every day. A 10-lb dog would only need to ingest a single piece of sugar-free gum to reach a potentially toxic dose, and dogs that ingest large amounts can have liver failure. If you suspect your dog has consumed any Xylitol, be sure to contact your vet and/or Pet Poison Helpline immediately.



Adapted from <http://www.petpoisonhelpline.com>

Dining Centers & Days of Service

Call for Lunch Reservations

MARION, POLK & YAMHILL COUNTIES

Dallas, La Creole Manor

Mon/Wed/Fri (503) 623-6232

McMinnville,

McMinnville Senior Center

Monday - Thursday (503) 472-4214

Monmouth, Monmouth Sr. Center

Tuesday/Thursday (503) 838-2084
(Home Delivered Only)

Mt. Angel,

Mt. Angel Community Center

Tuesday/Thursday (503) 845-9464

Newberg, Chehalem Senior Center

Monday - Friday (503) 538-1490

Sheridan, United Methodist Church

Mon/Wed/Fri (503) 843-2000

Silverton, Silverton Senior Center

Monday - Friday (503) 873-6906

Stayton, Stayton Community Center

Mon/Wed/Fri (503) 769-7995

Woodburn,

First Presbyterian Church

Monday - Thursday (503) 981-3470

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.