

balanced choices[®]

for a healthy lifestyle



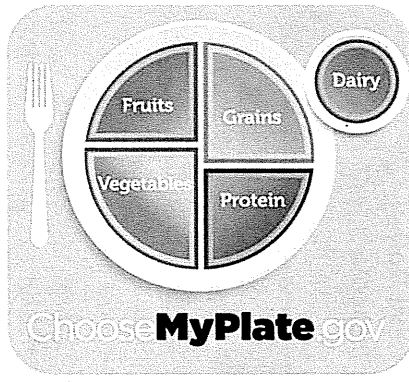
February 2018

NORTHWEST SENIOR & DISABILITY SERVICES

bateman
Community Living

Eating Right Takes Planning

Good health and nutrition starts with making the right decisions in the grocery store. The best way to get what you need is to enjoy a wide variety of nutrient-rich foods that are packed with energy, protein, vitamins and minerals from all the MyPlate food groups. Eating smarter and moving more will help you to obtain and manage a healthier weight, but you need to plan ahead. When grocery shopping, look to the four corners of the store, and stay away from the center aisles as much as possible. Here are a few tips to plan your grocery list:



Meat / Poultry / Fish

Aim for 95% or higher lean meat; the leaner the meat, the less the fat. When buying poultry, choose breast — a 3-ounce skinless, chicken breast provides about 140 calories, 3 grams of total fat and just 1 gram of saturated fat. If you can, splurge on fish, it's a great high-protein, low-fat, and low-calorie option.

Dairy

Choose low-fat or fat free milk products. Limit the amount of cheese you eat to no more than 1 oz. per day. Purchase plain and Greek yogurt and add your own toppings, such as frozen fruit, nuts, or dab of honey.

Grains

The biggest problem with low-carb diets is it restricts your body's preferred energy source. To cut back on calories, reduce sugary drinks and snack foods. Whole grains provide longer lasting fuel for your body.

Fruit & Vegetables

Grab a rainbow! This will give you a variety of nutrients. To keep yourself full throughout the day, pack fruit, vegetables, and nuts for a snack. Top salads with nuts or seeds and less cheese, dressing, and croutons.

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

Adapted from <http://www.eatright.org>; <http://www.health.com>; <http://www.eatright.org>;

MONDAY

TUESDAY

WEDNESDAY

THURSDAY




FRIDAY

NORTHWEST
SENIOR & DISABILITY
SERVICES

FEBRUARY 2018



VALENTINE'S DAY, WEDNESDAY, FEB. 14

<p>Super Bowl Spicy Sloppy Joe or <u>Buffalo Chicken Sandwich</u> on a Bun Dilled Carrots Potato Salad Poke'n Pour Cake 5</p>	<p>Chicken Patty w/Gravy or <u>Roast Pork w/Gravy</u> Whipped Sweet Potatoes Mixed Vegetables Bran Wheat Bread Cranberry Fluff 6</p>	<p>Santa Fe Chkn Mini Salad or <u>Curried Turkey Salad</u> on Spinach Romaine Corn Chowder Wheat Roll Pineapple 7</p>	<p>Sweet/Sour Pork w/Rice or <u>Chicken Lo Mein</u> Asian Blend Vegetables Garden Vegetable Salad Cracked wheat Roll Cinnamon Pear Crisp 1</p>	<p>Chicken Stew or <u>Beef Spanish Rice</u> Oregon Bean Medley Creamy Coleslaw Bran Rye Roll Chocolate Orange Pudding 2</p>
<p>Baked Chicken Supreme or <u>Meatloaf w/Gravy</u> Whipped Potatoes Succotash Onion Bread Seasonal Fruit 12</p>	<p>Beef Chili w/Beans or <u>Lasagna Cheese Roll-Ups</u> Whole Kernel Corn Spinach Romaine Salad Cornmeal Roll Vanilla Pudding 13</p>	<p>Valentine's Day <u>Roast Turkey w/Gravy</u> or <u>Baked Fish w/Tartar Sc</u> Sr Cream/Chive Potatoes Oregon Bean Medley Cracked Wheat Bread Valentine's Chocolate Cake 14</p>	<p>Egg Salad Sandwich Half or <u>Tuna Salad Sandwich Half</u> on Wheat Bread Minestrone Soup Carrot Slaw Pineapple 15</p>	<p>Chicken Alfredo Pasta or <u>Spinach Omelet Bake</u> Cut Green Beans Garden Vegetable Salad Wheat Roll Gelatin Jewels 16</p>
<p>Closed for the Holiday   19</p>	<p>Cream Chkn & Vegt or <u>Beef Patty/Peppers/Onions</u> Whipped Potatoes Green Peas Sunflower Seed Bread Strawberry Ice Cream 20</p>	<p>Shv Turkey Sndwch Half or <u>Meatloaf Sandwich Half</u> on Wheat Bread Tomato Florentine Soup Marin Spring Garden Salad Cinnamon Applesauce 21</p>	<p>Cowboy Campfire Stew or <u>King Ranch Chkn Bake</u> Chuckwagon Corn Spinach Romaine Salad Wheat Roll S'mores Pudding 22</p>	<p>Chkn & White Bean Chili or <u>Zucchini Lasagna</u> Tossed Salad Herb Carrots French Bread Frosted Orange Cake 23</p>
<p>Swedish Meatballs or <u>Garlic Chicken</u> Delmonico Potatoes Broccoli Bran Wheat Bread Cherry Whip 26</p>	<p>Roast Turkey w/Grvy or <u>Baked Ham w/Orange Glz</u> Whipped Sweet Potatoes Spinach Cornmeal Bread Seasonal Fresh Fruit 27</p>	<p>BBQ Smokehouse Chop or <u>Turkey Loaf w/Gravy</u> Garlic Whipped Potatoes Mixed Vegetables Oatmeal Bread Chocolate Chip Bar 28</p>		<p>Suggested Donation: \$3.00 per meal 1% Milk served with all meals</p>