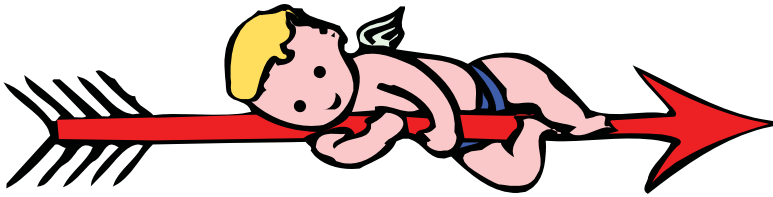

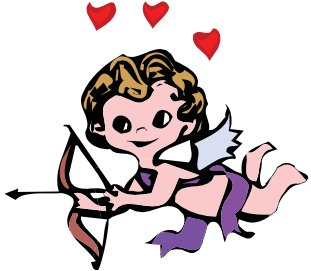


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">NORTHWEST SENIOR & DISABILITY SERVICES</p> <p align="center">FEBRUARY 2019</p>	<p align="center">  VALENTINE'S DAY, THURSDAY, FEB. 14 </p>		<p align="center">Suggested Donation: \$3.00 per meal</p> <p align="center">1% Milk served with all meals</p>	<p>Beef Stew or Vegetarian Chili Green Beans Broccoli, Cauliflower & Craisin Salad Squash Roll Lemon Blondie</p> <p align="right">1</p>
<p><u>Super Bowl</u> Beef Sloppy Joe or Buffalo Chicken Sandwich on a Bun Herbed Carrots Potato Salad Poke'n Pour Cake</p> <p align="right">4</p>	<p>Herbed Chkn Patty w/Gvy or <u>Roast Pork w/Gravy</u> Whipped Sweet Potatoes Mixed Vegetables Oat Wheat Bread Cranberry Fluff</p> <p align="right">5</p>	<p>Bavarian Stew or <u>Macaroni & Cheese</u> Green Beans Broccoli Raisin Salad Cracked Wheat Roll Banana Chocolate Chip Bar</p> <p align="right">6</p>	<p>Santa Fe Chkn Mini Salad or <u>Curried Chicken Salad</u> over Spinach Romaine Corn Chowder Whole Wheat Roll Mandarin Oranges</p> <p align="right">7</p>	<p>Hmstyle Trky Patty w/Gvy or <u>Beef Mushroom Patty</u> Garlic Whipped Potatoes Scandanavian Blend Vegt Wheat Bread Lime Whip</p> <p align="right">8</p>
<p>Egg Salad Sandwich Half or <u>Tuna Salad Sndwch Half</u> on Wheat Bread Minestrone Soup Carrot Coleslaw Pineapple</p> <p align="right">11</p>	<p>Beef & Black Bean Chili or <u>Lasagna Roll-Up</u> w/<u>Marinara</u> Broccoli Spinach Romaine Salad Cornmeal Roll Vanilla Pudding</p> <p align="right">12</p>	<p>Chicken Breast Supreme or <u>Breaded Fish w/Tartar Sc</u> Whipped Potatoes Succotash Onion Bread Seasonal Fresh Fruit</p> <p align="right">13</p>	<p align="center"><u>Valentine's Day</u> Roasted Turkey w/Gravy or <u>Meatloaf w/Gravy</u> Sr Cream & Chive Potatoes Country Trio Vegetables Squash Bread Valentine's Day Choc Cake</p> <p align="right">14</p>	<p>Chicken Pomodoro or <u>Spinach Strata</u> Green Beans Garden Vegetable Salad Whole Wheat Roll Gelatin Jewels w/Whip Top</p> <p align="right">15</p>
<p><u>Closed for the Holiday</u></p> <p align="center">  </p> <p align="right">18</p>	<p>Creamed Chicken & Vegt or Beef Patty w/ <u>Pepper & Onion Gravy</u> Whipped Potatoes Green Peas Wheat Roll Ice Cream Cup</p> <p align="right">19</p>	<p>Shaved Trky Sndwch Half or <u>Meatloaf Sandwich Half</u> on Seven Grain Bread Potato Chowder Marin Spring Garden Salad Applesauce</p> <p align="right">20</p>	<p>Cowboy Campfire Stew or <u>Mexican Pasta Bake</u> Chuckwagon Corn Spinach Romaine Salad Whole Wheat Roll Smore's Pudding</p> <p align="right">21</p>	<p>White Bean Chicken Chili or <u>Vegetable Lasagna</u> Tossed Salad Herbed Carrots French Roll Frosted Orange Cake</p> <p align="right">22</p>
<p>Teriyaki Meatballs or <u>Garlic Chicken</u> Delmonico Potatoes Broccoli Whole Wheat Roll Cherry Whip</p> <p align="right">25</p>	<p>Roasted Turkey w/Grvy or <u>Sliced Ham w/Orange Glz</u> Whipped Sweet Potatoes Spinach Cornmeal Bread Hermit Bar</p> <p align="right">26</p>	<p>BBQ Smokehouse Chop or <u>Salisbury Steak w/Gravy</u> Garlic Whipped Potatoes Mixed Vegetables Oatmeal Bread Peach Crisp</p> <p align="right">27</p>	<p>Baked Beef Rigatoni or <u>Chicken Rice Bake</u> Green Beans Garden Vegetable Salad White Dinner Roll Seasonal Fresh Fruit</p> <p align="right">28</p>	<p align="center">  </p>

Best & Worst Foods for Arthritis

An estimated 54 million adults in the United States are diagnosed with arthritis. Eating a well-balanced and nutritious diet does not only have positive effects on your overall health, it can also help to relieve pain and reduce inflammation caused by arthritis.

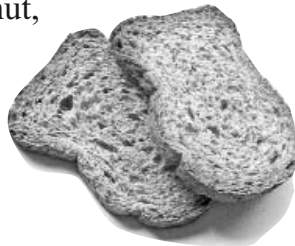
Studies show that certain foods have anti-inflammatory properties, which are beneficial for arthritis, osteoarthritis, gout and osteoporosis. Such foods are: fatty fish, tomatoes, fruits, leafy greens, olive oil, and nuts. These foods are commonly associated with the Mediterranean diet, and studies show that individuals on this diet had improvements in pain, morning stiffness, disease activity, and physical function. Limiting or restricting foods that promote inflammation can make a big impact in relieving arthritis symptoms, such as:

Sugar: Found in desserts, chocolate, sodas, and juices.

Saturated Fats & Trans Fats: Saturated fats are found in meat products, full fat dairy products, and grain-based desserts. Trans fats are found in baked and fried foods.

Omega-6 Fatty Acids: You need a healthy balance, but excess consumption can trigger inflammation. Omega-6 is found in oils, such as corn, safflower, sunflower, grape seed, soy, peanut, and vegetable; mayonnaise; and salad dressings.

Refined Carbohydrates: White flour products, such as breads, white rice, white potatoes and cereals.



MSG (Mono-sodium Glutamate): Food additive commonly found in Asian dishes and soy sauce, and also used in fast food, soups, salad dressings, and deli meats.

Gluten and Casein: Gluten is found in wheat, barley, and rye (along with other grains). Casein is found in dairy products.

Aspartame: Artificial sweetener found in over 4,000 products.

Alcohol: Harmful to the liver and other organs.

Adapted from <https://www.health.harvard.edu/staying-healthy/foods-that-fight-inflammation>; <https://www.arthritis.org>; https://www.cdc.gov/arthritis/data_statistics/arthritis-related-stats.htm

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.