

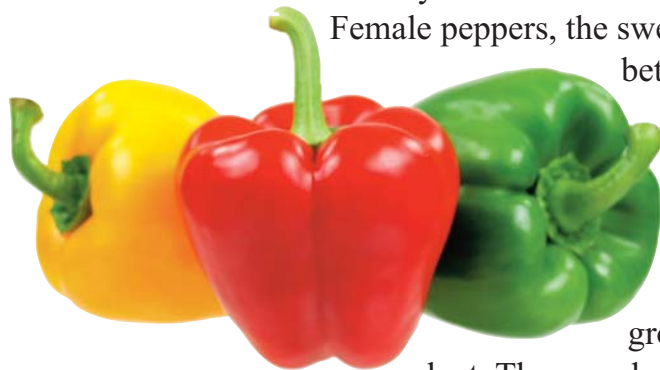


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">NORTHWEST SENIOR & DISABILITY SERVICES</p> <p align="center">JANUARY 2019</p>	<p align="center"><u>Closed for the Holiday</u></p>  <p align="right">1</p>	<p align="center"><u>New Year's Special</u></p> <p>Lima Beans & Turkey Ham or <u>Pasta Primavera</u></p> <p>Spinach Carrot Raisin Salad Oatmeal Roll Applesauce Gingerbread</p> <p align="right">2</p>	<p>Chicken Spaghetti or <u>Beef Enchilada Bake</u></p> <p>Mixed Vegetables Tossed Salad Whole Wheat Roll Lemon Pudding</p> <p align="right">3</p>	<p>Turkey Pasta Salad or <u>Garden Chicken Mini Salad</u></p> <p>over Spinach Romaine Sausage & Kale Soup Herb Roll Mandarin Oranges</p> <p align="right">4</p>
<p><u>Chicken Tetrizzini or Beef Cabbage Bake</u></p> <p>Glazed Carrots Marinated Broccoli Salad French Roll Rice Pudding</p> <p align="right">7</p>	<p><u>Cowboy Campfire Stew or Turkey Pot Pie</u></p> <p>over Biscuit Green Beans Spinach Romaine Salad Butterscotch Bar</p> <p align="right">8</p>	<p>Turkey Salad Sndwch Half or <u>Egg Salad Sndwch Half</u></p> <p>Cream of Broccoli Soup Coleslaw Wheat Bread Pineapple</p> <p align="right">9</p>	<p><u>Beef Stew or Turkey Alfredo Bake</u></p> <p>Green Peas Garden Vegetable Salad Herb Roll Spiced Applesauce</p> <p align="right">10</p>	<p><u>Herbed Chkn Patty w/Gvy or Meatloaf w/Gravy</u></p> <p>Lyonnais Potatoes Herbed Carrots Rye Bread Pear Cobbler</p> <p align="right">11</p>
<p><u>Italian Sausage Sandwich or Chicken Parmesan</u></p> <p>Italian Blend Vegetables German Potato Salad French Roll Seasonal Fresh Fruit</p> <p align="right">14</p>	<p><u>Turkey Divan Bake or Chkn & Lentil Santa Fe Bk</u></p> <p>Green Peas Pickled Beets Dill Roll Orange Whip</p> <p align="right">15</p>	<p align="center"><u>Brunch Lunch Special</u></p> <p><u>Spinach Strata or Pork Sausage Gravy</u></p> <p>over Biscuit Broccoli Romaine Iceberg Salad Coffee Cake</p> <p align="right">16</p>	<p><u>Shoyu Chicken or Breaded Fish w/Tartar Sc</u></p> <p>Brown Rice Pilaf Oregon Bean Medley Cornmeal Bread Tiramisu Cake</p> <p align="right">17</p>	<p><u>Roasted Turkey w/Gravy or BBQ Smokehouse Chop</u></p> <p>Whipped Sweet Potatoes Green Beans w/Red Peppers Wheat Bread Ice Cream Cup</p> <p align="right">18</p>
<p align="center"><u>Closed for the Holiday</u></p>  <p align="right">21</p>	<p><u>Southwest Chicken or Beef Cntry Fried Steak/Gvy</u></p> <p>Whipped Potatoes Capri Blend Vegetables Wheat Bread Peaches</p> <p align="right">22</p>	<p><u>Pork Choppie w/Gravy or Cheese Omelet w/ Western Cheese Sauce</u></p> <p>Parslied Potatoes Country Trio Vegetables Oatmeal Roll Butterscotch Pudding</p> <p align="right">23</p>	<p><u>Meatloaf Sandwich Half or Shvd Turkey Sndwch Half</u></p> <p>on Wheat Bread Dijonnaise Sauce Lentil Soup Potato Salad Pears</p> <p align="right">24</p>	<p><u>Turkey Apple Meatballs w/Cider Glaze or Sliced Ham w/Mustard Sc</u></p> <p>Delmonico Potatoes Spinach Romaine Salad Cornmeal Roll Zucchini Brownie</p> <p align="right">25</p>
<p><u>BBQ Chicken or Liver & Onions w/Gravy</u></p> <p>Chantilly Potatoes California Blend Vegetables Onion Bread Gelatin Jewels w/Whip Top</p> <p align="right">28</p>	<p><u>Hearty Chicken Stew or Beef Spanish Rice Bake</u></p> <p>Oregon Bean Medley Coleslaw Rye Bran Roll Chocolate Pudding</p> <p align="right">29</p>	<p><u>Chicken Pomodoro or Shepherd's Pie</u></p> <p>Broccoli Spinach Romaine Salad Multigrain Roll Golden Fruit Cup</p> <p align="right">30</p>	<p><u>Sweet & Sour Pork w/Brown Rice or Chicken Lo Mein</u></p> <p>Oriental Blend Vegetables Garden Vegetable Salad Cracked Wheat Roll Pear Cobbler</p> <p align="right">31</p>	<p align="center">Suggested Donation: \$3.00 per meal</p> <p align="center">1% Milk served with all meals</p>

Bell Peppers: Eating Boy or Girl?

Capsicum Annum, also known as bell peppers, are a common vegetable that can be eaten raw or cooked. These peppers have seeds, which actually make this common “vegetable” a fruit.

Bell peppers can be categorized as male or female according to the pepper’s anatomy. Peppers with four lobes at the base are considered to be female. These female peppers are normally sweet and full of seeds, whereas peppers with three lobes are considered to be male, are normally not as sweet and contain less seeds.



Female peppers, the sweeter of the two, are better eaten raw or in lightly sautéed dishes, while the male peppers are better suited for baked dishes.

Bell peppers are grown from a flowering plant. They can be grown or bought in different colors: green, red, orange, or yellow. But all bell peppers start their growth from the same seed and all are initially green. The growth and ripening of the bell peppers are what change their color. Starting out green progressing to yellow, then orange, and finally red, the longer the bell pepper ripens, the sweeter the taste will be. Over the years, horticulture has developed genetically modified seeds for each of the different colored bell peppers. These seed have the ability to turn the bell pepper to the desired color faster.

Bell peppers are full of health benefits — they are low in calories and are full of vitamin A, vitamin C, and potassium. They are also a great source of fiber, folate, and iron.



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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.

Adapted from <https://ethnicfoodsrus.com/little-known-facts-about-bell-peppers/>;
<http://www.naturefresh.ca/bell-pepper-faqs-facts/>
Photos courtesy of <http://alphastockimages.com>; Anton Croos via Wilimidia Projects

N. Comeau, RD 11/12/2018