



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Sweet & Sour Chicken w/Brown Rice or <u>Macaroni & Cheese</u> Green Beans Spinach Romaine Salad Herb Roll Gelatin Jewels w/Whip Top 2</p>	<p><u>July 4th Picnic</u> BBQ Chicken Sandwich or Kielbasa w/Srkraut/Mustard On a Bun Baked Beans Carrot Raisin Salad Confetti 4th of July Cake 3</p>	<p><u>Closed for the Holiday</u></p>  <p>4</p>	<p>Scalloped Potatoes/Tk Ham or <u>Southern Chicken & Rice</u> Whole Kernel Corn Marinated Broccoli Salad Cracked Wheat Roll Fresh Watermelon 5</p>	<p>Shoyu Chicken or <u>Meatloaf w/Brown Gravy</u> Delmonico Potatoes Green Peas Whole Wheat Bread Chocolate Pudding 6</p>
<p>Herbed Chicken Patty w/Poultry Gravy or <u>Liver & Onions</u> Whipped Potatoes w/Gravy Capri Blend Vegetables Herb Bread Chocolate Chip Bar 9</p>	<p>Beef & Black Bean Chili or <u>Turkey Tetrazzini</u> Herbed Carrots Spinach Romaine Salad White Dinner Roll Strawberry Ice Cream Cup 10</p>	<p>Creamed Chicken & Vegt or <u>Beef Mushroom Patty</u> Garlic Whipped Potatoes Steamed Spinach Seven Grain Bread Melon Cup 11</p>	<p>Teriyaki Meatballs or <u>Breaded Baked Fish w/Tartar Sauce</u> Rice Pilaf Broccoli Marinated Zucchini Salad Butterscotch Bar 12</p>	<p>Chicken Salad Sndwch Half or <u>Egg Salad Sndwch Half</u> on Wheat Bread Minestrone Soup Creamy Coleslaw Peaches 13</p>
<p>Turkey Apple Meatballs w/Cider Glaze or <u>Roast Pork w/Orange Glaze</u> Colcannon Potatoes Lima Beans Cracked Wheat Bread Hermit Bar 16</p>	<p>Ham & Swiss Sndwch Half or <u>Shy Turkey Sndwch Half</u> on Wheat Bread Navy Bean Soup Coleslaw Applesauce 17</p>	<p>Homestyle Turkey Patty w/Poultry Gravy or <u>BBO Smokehouse Chop</u> Sr Cream & Chive Potatoes Spinach Romaine Salad Multigrain Roll Cherry Whip 18</p>	<p>Cowboy Campfire Stew or <u>Cheese & Green Chile Bake</u> Green Beans Tossed Salad Fresh Cantaloupe 19</p>	<p>Herbed Chicken Patty Sandwich or <u>Sloppy Joe</u> on a Whole Wheat Bun Baked Beans Potato Salad Pineapple Peach Crisp 20</p>
<p>Chicken & Penne Pasta or <u>Beef Spanish Rice Bake</u> Herbed Carrots Spinach Romaine Salad Herb Roll Mandarin Oranges 23</p>	<p>Lasagna Roll-Up w/Marinara Sauce or <u>Western Pork Stew</u> Broccoli Creamy Cucumber Salad Oat Bran Roll Peanut Butter Bar 24</p>	<p>Garden Chicken Mini Salad or <u>Turkey Club Mini Salad</u> Spinach Romaine Salad Tomato Basil Soup Whole Wheat Roll Pears 25</p>	<p>Garlic Chicken or <u>Southwest Omelet Bake</u> Parsley Potatoes Mixed Vegetables Cornbread Rocky Road Pudding 26</p>	<p><u>Christmas in July</u> Roast Turkey/Poultry Grvy or <u>Hmstyle Pork Patty/Gvy</u> Whipped Potatoes w/Gravy Green Beans / Cranberry Sc Sunflower Seed Roll Zucchini Mint Brownie 27</p>
<p>Turkey Divan Bake or <u>Baked Beef Rigatoni</u> Green Peas & Carrots Marinated Zucchini Salad White Dinner Roll Cherry Whip 30</p>	<p>King Ranch Chicken Bake or <u>Lima Beans & Ham</u> Dilled Carrots Garden Vegetable Salad Cornmeal Roll Banana Chocolate Chip Bar 31</p>	<p>Suggested Donation: \$3.00 per meal</p> <p>1% Milk served with all meals</p>		<p>NORTHWEST SENIOR & DISABILITY SERVICES</p> <p>JULY 2018</p>

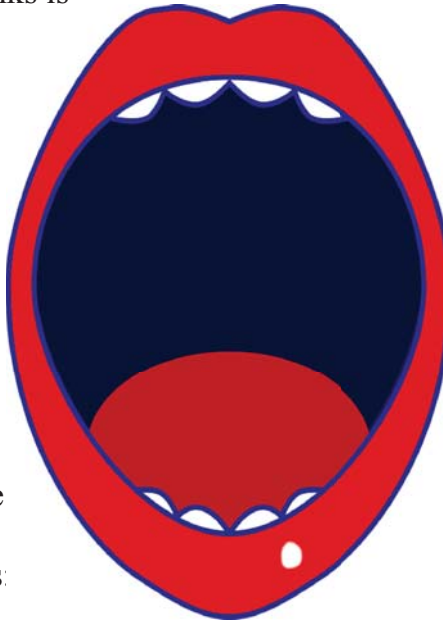
Adapting Key to Change in Taste

Taste combined with smell creates the flavors your brain processes. This is why if you are sick and cannot smell as well, you may not have much of an appetite. We all sense five different flavors: sweet, savory, salty, bitter, and sour. Taste is a crucial sensory function that helps you decide what to eat. Often, people don't prefer bitter or sour tastes because these can alert us to something as being toxic — one reason why vegetables are not always a preferred choice. A like or dislike for certain foods or drinks is due to a variety of factors, such as life experiences, genetics, age, food's appearance, and/or a person's level of exposure to foods.

As you age, you can lose up to half of your taste buds, which is why food can taste less flavorful. Although your taste buds introduce a particular flavor, eating is a package deal. If the food looks appealing, there is a greater chance you will want and like the food.

Fortunately, you have an adaptive taste system; here are some things to try to help lower your food and drink aversions:

- Slowly expose or un-expose; for example, instead of completely removing the salt from food, limit the amount over time. It takes about 6-8 weeks to change your taste bud preferences.
- Prepare and pair the food with different flavors and in different ways on multiple occasions; eating something raw versus sautéed can completely change the flavor context.
- Be exposed to the food in different settings such as eating out with friends; try ordering something you do not normally like on the menu.



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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.