



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">NORTHWEST SENIOR & DISABILITY SERVICES</p> <p style="text-align: center;">JUNE 2018</p>		 <p style="text-align: center;">FATHER'S DAY, JUNE 17</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>♥ Chkn Chop Suey w/Rice or <u>Shepherd's Pie</u> Green Beans Creamy Coleslaw Potato Wheat Roll Spiced Apples</p> <p style="text-align: right;">1</p>
<p>♥ Turkey Rice Bake or <u>Chicken Pomodoro</u> Green Peas & Carrots Spinach Romaine Salad Cracked Wheat Roll Peanut Butter Bar</p> <p style="text-align: right;">4</p>	<p>♥ Beef Spanish Rice Bake or <u>Macaroni & Cheese</u> Green Peas Marinated Zucchini Salad Seven Grain Roll Gelatin Jewels w/Whip Top</p> <p style="text-align: right;">5</p>	<p>♥ Shv Trky Sndwch Half or <u>Meatloaf Sndwch Half</u> on Wheat Bread Lentil Soup Carrot Slaw Golden Fruit Cup</p> <p style="text-align: right;">6</p>	<p>♥ Black Bean Chili or <u>Chicken Tetrazzini</u> Steamed Spinach Tossed Salad Seven Grain Roll Peach Crisp</p> <p style="text-align: right;">7</p>	<p>♥ Herbed Chkn Patty/Gvy or <u>Liver & Onions w/Gravy</u> Whipped Potatoes w/Gravy Country Trio Blend Vegt Herb Bread Frosted Banana Cake</p> <p style="text-align: right;">8</p>
<p>♥ Waikiki Chicken or <u>Swedish Meatballs w/Sc</u> Creamed Potatoes Scandinavian Blend Vegt Rye Wheat Bread Chocolate Pudding</p> <p style="text-align: right;">11</p>	<p>♥ Garden Chkn Mini Salad or <u>Egg/BLT/Tofu Salad</u> over Spinach Romaine Cream of Broccoli Soup White Dinner Roll Spiced Peaches</p> <p style="text-align: right;">12</p>	<p>♥ Swiss Style Patty w/Swiss Steak Sauce or <u>Turkey Loaf w/Gravy</u> Creamed Potatoes Broccoli Onion Bread Cherry Whip</p> <p style="text-align: right;">13</p>	<p>♥ Chicken Parmesan or <u>Meatloaf w/Brown Gravy</u> Whipped Potatoes w/Gravy Capri Blend Vegetables Wheat Bread Frosted Chocolate Cake</p> <p style="text-align: right;">14</p>	<p style="text-align: center;"><u>Father's Day Special</u></p> <p>♥ Roast Turkey w/Grvy or <u>BBO Pork Ribbett/BBO Sc</u> Chantilly Potatoes Succotash Squash Bread Ice Cream Cup</p> <p style="text-align: right;">15</p>
<p>♥ Chicken Lo Mein or <u>Beef Enchilada Bake</u> Whole Kernel Corn Marinated Broccoli Salad Multigrain Roll Rocky Road Pudding</p> <p style="text-align: right;">18</p>	<p>♥ Lima Beans & Trky Ham or <u>Spaghetti w/Meat Sauce</u> Country Trio Blend Vegt Spinach Romaine Salad Cornmeal Roll Hermit Bar</p> <p style="text-align: right;">19</p>	<p>♥ Breaded Beef Steak w/Country Gravy or <u>Brd Bkd Fish w/Tartar Sc</u> Delmonico Potatoes Mixed Vegetables Rye Wheat Bread Cherry Whip</p> <p style="text-align: right;">20</p>	<p>♥ Breaded Chkn Sndwch or <u>Sloppy Joe</u> on a Bun Dijonnaise Carrots Marinated Zucchini Salad Fresh Watermelon</p> <p style="text-align: right;">21</p>	<p>♥ Trky Salad Sndwch Half or <u>Egg Salad Sndwch Half</u> on Wheat Bread Vegetarian Vegetable Soup Spinach Romaine Salad Pineapple Tidbits</p> <p style="text-align: right;">22</p>
<p>♥ Beef Patty/Mshroom Gvy or <u>Roast Turkey w/Gravy</u> Garlic Potatoes Carrots Dill Bread Zucchini Brownie</p> <p style="text-align: right;">25</p>	<p>♥ Tuna Salad Sndwch Half or <u>Chkn Salad Sndwch Half</u> on Wheat Bread Chicken Noodle Soup Creamy Coleslaw Seasonal Fresh Fruit</p> <p style="text-align: right;">26</p>	<p>♥ Turkey a la King or <u>Hmstyle Pork Patty/Gravy</u> Whipped Potatoes w/Gravy Broccoli Rye Bran Roll Frosted Spice Cake</p> <p style="text-align: right;">27</p>	<p>♥ Baked Beef Rigatoni or <u>Sweet/Sour Trky/Brn Rice</u> Green Peas Garden Vegetable Salad Multigrain Roll Butterscotch Pudding</p> <p style="text-align: right;">28</p>	<p>♥ Turkey Pasta Salad or <u>Chef Salad</u> over Spinach Romaine Pickled Beets Whole Wheat Dinner Roll Spiced Applesauce</p> <p style="text-align: right;">29</p>

T. Lindsey, R.D.N. 04/09/18

When in Doubt, Throw it Out!

Leftovers, food that is cooked and then stored, can be kept in the refrigerator for three to four days. Any older, be sure to discard the food due to the potential risk of food poisoning. If you make a larger batch of food and want to store some for longer than four days, you can store in the freezer once cooled down properly. Cooked food should not sit out longer than two hours; after that, your risk for getting sick greatly increases because micro-organisms begin to grow, such as E. coli and Salmonella. Here are some tips to help you “steer clear of food-borne illnesses”:

- The refrigerator should be at or below 40° F and your freezer should be 0° F.
- If you want to store food right after cooking, be sure to cool the food to ensure it will not raise the temperature of the entire refrigerator, placing all of your food at risk. One way to cool down food quickly is to divide your food into shallow containers.
- “Ready-to-eat foods” such as deli meats, should be eaten as soon as possible.
- Be alert for any spoiled food! If it smells or even looks questionable, be sure to toss it out.
- Keep track of how long food has been in your refrigerator. Use up the oldest products first.
- Store raw food, like uncooked meats and eggs, on the bottom shelf and your cooked food on the highest shelf. This way there will be no cross contamination.
- Defrost food under cold running water or in the refrigerator. Marinate raw food, covered, in the refrigerator.
- Clean the refrigerator regularly and check expiration dates.
- Keep your refrigerator doors closed as much as possible!



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Mt. Angel Community Center

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