
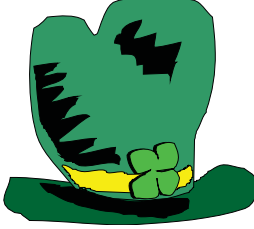


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">NORTHWEST SENIOR & DISABILITY SERVICES</p> <p align="center">MARCH 2019</p>	 <p align="center">TURN CLOCKS AHEAD MARCH 10</p>	<p align="center">Suggested Donation: \$3.00 per meal</p> <p align="center">1% Milk served with all meals</p>	 <p align="center">ST. PATRICK'S DAY, MARCH 17</p>	<p>Chicken Pastina or Broccoli Omelet Bake Mixed Vegetables Spinach Romaine Salad Whole Wheat Roll Key Lime Bar</p> <p align="right">1</p>
<p>Chicken Chop Suey or Sweet & Sour Pork Brown Rice Asian Blend Vegetables Broccoli Raisin Salad Banana Pudding</p> <p align="right">4</p>	<p align="center">Mardi Gras Southern Chicken & Rice or Lima Beans & Tky Ham Mixed Vegetables Marinated Zucchini Salad Cracked Wheat Roll Bread Pudding w/Raisins</p> <p align="right">5</p>	<p align="center">Ash Wednesday Trky Salad Sndwch Half or Chickpea Salad Sndwch Half Vegetarian Vegetable Soup Pickled Beets Wheat Bread Pears</p> <p align="right">6</p>	<p>Herbed Chicken Patty/Gvy or Hmstyle Pork Patty/Gvy Whipped Potatoes Carrots Oatmeal Bread Gelatin Jewels w/Whipped Topping</p> <p align="right">7</p>	<p>Kielbasa Sausage w/Srkraut or Breaded Fish w/Tartar Sc On a Bun Broccoli Baked Beans Golden Fruit Cup</p> <p align="right">8</p>
<p>Cowboy Campfire Stew or Chicken Tetrazzini Green Beans Coleslaw Sunflower Seed Roll Orange Whip</p> <p align="right">11</p>	<p>Hearty Chicken Stew or Beef & Black Bean Chili Chuckwagon Corn Tossed Salad Oatmeal Roll Apple Rhubarb Crisp</p> <p align="right">12</p>	<p>Roasted Turkey w/Gravy or Salisbury Patty w/Gravy Whipped Potatoes Broccoli Cracked Wheat Bread Seasonal Fresh Fruit</p> <p align="right">13</p>	<p>Scalloped Potatoes/Tky Ham or Tamale Pie Herbed Carrots Romaine Iceberg Salad Herb Roll Lemon Pudding</p> <p align="right">14</p>	<p align="center">St. Patrick's Corned Beef & Cabbage or Macaroni & Cheese Green Peas Marinated Broccoli Salad Cracked Wheat Roll Shamrock Cake</p> <p align="right">15</p>
<p>Chicken & Dumplings or Spaghetti w/Meat Sauce Whole Kernel Corn Spinach Romaine Salad Whole Wheat Roll Peaches</p> <p align="right">18</p>	<p>Mexican Pasta Bake or Shepherd's Pie Capri Blend Vegetables Romaine Iceberg Salad Rye Bran Roll Zucchini Brownie</p> <p align="right">19</p>	<p>Asian Chicken Salad or Egg/BLT/Tofu Salad over Spinach Romaine Chicken Noodle Soup Whole Wheat Roll Pineapple</p> <p align="right">20</p>	<p>Chicken Breast Supreme or Roast Pork w/Gravy Whipped Potatoes Country Trio Vegetables Squash Bread Apple Crisp</p> <p align="right">21</p>	<p>Beef Enchilada Bake or Cheese & Green Chile Bake Green Beans Spinach Romaine Salad Whole Wheat Roll Vanilla Pudding</p> <p align="right">22</p>
<p>Creamed Turkey or Diced Beef Stroganoff Whipped Potatoes Carrots Whole Wheat Roll Peanut Butter Bar</p> <p align="right">25</p>	<p>Orange Glazed Chicken or Breaded Beef Steak w/Gvy Delmonico Potatoes Mixed Vegetables Wheat Bread Rocky Road Pudding</p> <p align="right">26</p>	<p>Meatloaf Sandwich Half or Shaved Turkey Sndwch Half on Wheat Bread Dijonnaise Sauce Green Split Pea Soup Apple Cranberry Coleslaw Mandarin Oranges</p> <p align="right">27</p>	<p align="center">Breakfast Special Southwest Omelet Bake or Pork Sausage Gravy Diced Red Potatoes Spinach Romaine Salad Biscuit Yogurt</p> <p align="right">28</p>	<p>Hmstyle Turkey Patty/Gvy or Breaded Fish w/Tartar Sc Whipped Potatoes Green Beans French Bread Coconut Treasure Cake</p> <p align="right">29</p>

Trending: Buy Groceries Online

Modern technology has brought many conveniences to everyday life, including daily meal planning and preparation. Online services now make it easy to shop for groceries from the comfort of home, and in some cases even have it delivered straight to your door.

Types of Online Services Available

There are many companies offering different levels of online grocery services. Local stores and many big-box stores offer the ability to shop online and either pick up in-store or have the order delivered to your home. There are also online-only companies — some operate like a virtual grocery store, while others offer pre-planned meal kits instead of purchasing individual ingredients.

To choose the best option, you want to weigh price, convenience, vs. services offered.

What to Keep in Mind When Choosing an Online Service

For those living in remote areas, or if other factors make it difficult to get to a grocery store, online ordering can relieve stress and preserve independence. Some people find it helpful to order from home, where they can reference recipes or compare ingredients to their doctors' orders before buying.

Pros: Buying online can make it easier to stick to a planned grocery list. Without impulse purchases you see in the store sneaking into your cart, you can save money and reduce the amount of “junk” food in your home. Some services also offer subscriptions or auto-reordering, which can save time.

Cons: There are usually extra costs for these services, including delivery fees, minimum order amounts, and/or subscriptions or club membership fees. You may need to be home to receive your delivery, or at least plan ahead so your food doesn't spoil by sitting out too long.



Adapted from <https://www.washingtonpost.com/lifestyle/wellness/unable-to-get-to-the-grocery-store-heres-what-you-need-to-know-about-online-shopping-and-delivery-services>

**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

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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.