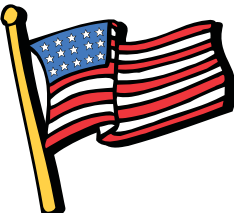



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">NORTHWEST SENIOR & DISABILITY SERVICES</p> <p align="center">MAY 2018</p>	<p>♥ Chicken Lo Mein or <u>Spinach Strata</u> Broccoli Garden Vegetable Salad Whole Wheat Dinner Roll Peaches</p> <p align="right">1</p>	<p>♥ Santa Fe Chkn Mini Salad or <u>Chef Mini Salad</u> on Spinach Romaine Minestrone Soup Whole Wheat Dinner Roll Golden Fruit Cup</p> <p align="right">2</p>	<p>♥ Beef Spanish Rice Bake or <u>Mexican Pasta Bake</u> Carrots Spinach Romaine Salad Seven Grain Roll Banana Chocolate Chip Bar</p> <p align="right">3</p>	<p align="center"><u>Cinco de Mayo</u></p> <p>♥ Chkn Fajita w/Brn Rice or <u>Beef Enchilada Bake</u> Tex/Mex Corn w/Tomatoes Carrot Pineapple Salad Mexican Chocolate Pudding</p> <p align="right">4</p>
<p>♥ Chicken Breast w/Gravy or <u>Salisbury Steak w/Grvy</u> Whipped Potatoes Normandy Blend Vegetables Onion Bread Peanut Butter Bar</p> <p align="right">7</p>	<p>♥ Trky Salad Sndwch Half or <u>Tuna Salad Sndwch Half</u> on Wheat Bread Chunky Tomato Rice Soup Marinated Zucchini Salad Spiced Peaches</p> <p align="right">8</p>	<p>♥ BBQ Pork Ribbett or <u>Southwest Omelet Bake</u> Delmonico Potatoes Green Peas Cracked Wheat Bread Fresh Orange</p> <p align="right">9</p>	<p>♥ Roasted Turkey w/Gravy or <u>Beef Patty/Mshrom Gvy</u> Whipped Potatoes Mixed Vegetables Seven Grain Bread Chocolate Ice Cream Cup</p> <p align="right">10</p>	<p align="center"><u>Mother's Day</u></p> <p>♥ Chicken Breast Supreme or <u>Sliced Ham w/Raisin Sc</u> Whipped Sweet Potatoes Green Peas & Onions Multigrain Bread Cherry Crisp</p> <p align="right">11</p>
<p>♥ White Bean/Chkn Chili or <u>Lasagna Roll-Up</u> Green Beans Spinach Romaine Salad Cornmeal Roll Banana Pudding</p> <p align="right">14</p>	<p>♥ Breaded Baked Fish w/Tartar Sauce or <u>Swiss Style Beef Patty w/Sc</u> Creamed Potatoes Broccoli Oatmeal Bread Mixed Fruit</p> <p align="right">15</p>	<p>♥ Chicken a la King or <u>Hmstyle Pork Patty w/Grvy</u> Whipped Potatoes Country Trio Blend Vegt Cracked Wheat Bread Lime Whip</p> <p align="right">16</p>	<p>♥ Oriental Shoyu Chicken or <u>Country Meatballs</u> Lyonnaisse Potatoes Steamed Spinach Rye Oat Bread Apple Crisp</p> <p align="right">17</p>	<p>♥ Arizona Chkn Mini Salad or <u>Turkey Club Mini Salad</u> on Spinach Romaine Popeye Potato Chowder Whole Wheat Dinner Roll Mandarin Oranges</p> <p align="right">18</p>
<p>♥ Chicken Rice Bake or <u>Macaroni & Cheese</u> Broccoli Garden Vegetable Salad Potato Wheat Roll Seasonal Fresh Fruit</p> <p align="right">21</p>	<p>♥ Swt/Sr Pork w/Brn Rice or <u>Spaghetti w/Meat Sauce</u> Green Peas Romaine Iceberg Salad Garlic Roll Frosted Chocolate Cake</p> <p align="right">22</p>	<p>♥ Meatloaf w/Brown Grvy or <u>Orange Glazed Chicken</u> Whipped Potatoes Mixed Vegetables Oat Wheat Bread Cherry Whip</p> <p align="right">23</p>	<p>♥ Cowboy Campfire Stew or <u>Vegetable Lasagna</u> Herbed Carrots Marinated Broccoli Salad French Roll Pineapple</p> <p align="right">24</p>	<p>♥ Italian Herb Chkn Patty or <u>Sloppy Joe</u> on a Bun Chuckwagon Corn Creamy Coleslaw Chocolate Chip Bar</p> <p align="right">25</p>
<p><u>Closed for the Holiday</u></p>  <p align="right">28</p>	<p>♥ Diced BBQ Chkn Sndwch or <u>Kielbasa Sausage/Kraut</u> on a Bun Baked Beans Carrot Raisin Salad Zucchini Brownie</p> <p align="right">29</p>	<p>♥ Turkey Pasta Salad or <u>Ham & Potato Salad</u> over Spinach Romaine Navy Bean Soup Whole Wheat Dinner Roll Peaches</p> <p align="right">30</p>	<p>♥ Beef Tomato Macaroni or <u>Cheese & Grn Chile Bk</u> Carrots Spinach Romaine Salad Cornmeal Roll Butterscotch Pudding</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>

T. Lindsey, R.D.N. 03/14/2018

Is Sodium Your Friend or Foe?

Sodium is an important mineral that is naturally found in or added to foods. This mineral helps to maintain normal fluid balance in your body. The recommended amount of sodium is less than 2,300mg/day, about a teaspoon of table salt. Larger doses, however, can actually cause health problems, such as retaining too much fluid.

How to Lower Sodium in Your Diet

1. Limit your number of packaged products and restaurant meals.
2. Remove the salt shaker from the table and the kitchen.
3. Look at nutrition facts labels: Don't go by taste alone.

Reading a Label: Look at the serving size (8oz. = 1 cup)

Regular chicken with noodles soup	Low-sodium chicken with noodles soup
Nutrition Facts 1 serving per container Serving size 8 oz <hr/> Amount per serving Calories 60 <hr/> % Daily Value* Total Fat 2g 3% Saturated Fat 0.5g 3% Trans Fat 0g Cholesterol 15mg 5% Sodium 890mg 37% Total Carbohydrate 8g 3% Dietary Fiber 1g 4% Total Sugars 1g Protein 3g <hr/> Vitamin A 4% Vitamin C 0% Calcium 0% Iron 2%	Nutrition Facts 1 serving per container Serving size 10.75 oz <hr/> Amount per serving Calories 160 <hr/> % Daily Value* Total Fat 4.5g 7% Saturated Fat 1.5g 8% Trans Fat 0g Cholesterol 30mg 10% Sodium 140mg 6% Total Carbohydrate 17g 6% Dietary Fiber 2g 8% Total Sugars 4g Protein 12g <hr/> Vitamin A 30% Vitamin C 0% Calcium 2% Iron 6%

Low sodium = 140mg or less "No sodium" = < 5mg High sodium = ≥460mg

4. Cook at home! Limit use of sauces, or make from scratch.
5. Avoid soup and bread appetizers at restaurants; put no more than 1 teaspoon of dressing on your salad.
6. Look for foods rich in potassium — they help balance sodium and lower blood pressure — such as tomatoes, yogurt and potatoes.
7. Rinse canned foods before eating, as most have added sodium.

Adapted from <https://my.clevelandclinic.org> and <https://www.fda.gov>

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