





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">NORTH WEST SENIOR & DISABILITY SERVICES</p> <p align="center">NOVEMBER 2019</p>	 <p align="center">TURN CLOCKS BACK, NOV. 3</p>	<p align="center">Suggested Donation: \$3.00 per meal</p> <p align="center">1% Milk served with all meals</p>	 <p align="center">ELECTION DAY, NOV. 5</p>	<p>Chicken Spaghetti or Beef Sukiyaki w/Brn Rice Marinated Zucchini Salad Mixed Vegetables Seven Grain Roll Ice Cream Cup</p> <p align="right">1</p>
<p>Vegetarian Chili w/Cheese or <u>Chicken Lo Mein</u> Green Peas Spinach Romaine Salad Onion Roll Peanut Butter Bar</p> <p align="right">4</p>	<p>Turkey Salad Sndwch Half or <u>Ham Salad Sndwch Half</u> on Wheat Bread Chunky Tomato Rice Soup Garden Vegetable Salad Seasonal Fresh Fruit</p> <p align="right">5</p>	<p>Herbed Chicken Patty w/Country Gravy or <u>Breaded Fish w/Tartar Sc</u> Herbed Potatoes Broccoli Multigrain Bread Apple Crisp</p> <p align="right">6</p>	<p>Garlic Chicken w/Gravy or <u>Homestyle Pork Patty/Gvy</u> Delmonico Potatoes Glazed Carrots Herbed Bread Mandarin Oranges</p> <p align="right">7</p>	<p align="center"><u>Veterans Day Special</u> Beef Patty w/BBQ Sauce or <u>Hot Dog w/Sauerkraut</u> on a Bun Whole Kernel Corn Country Coleslaw Carrot Cake</p> <p align="right">8</p>
<p align="center">Closed for the Holiday</p>  <p align="right">11</p>	<p>Spaghetti w/Meat Sauce or <u>Chkn in Peanut Sc/Brn Rice</u> Green Beans Marinated Broccoli Salad Garlic Roll Spiced Applesauce</p> <p align="right">12</p>	<p>Shoyu Chicken or <u>Country Meatballs w/Grvy</u> Brown Rice Broccoli Romaine Iceberg Salad Herb Roll Fresh Orange</p> <p align="right">13</p>	<p>Beef & Black Bean Chili or <u>Macaroni & Cheese</u> Herbed Carrots Tossed Salad Onion Roll Chocolate Pudding</p> <p align="right">14</p>	<p>Shved Turkey Sndwch Half or <u>Meatloaf Sndwch Half</u> on Wheat Bread Corn Chowder Pickled Beets Golden Fruit Cup</p> <p align="right">15</p>
<p>Chicken Brunswick Stew or <u>Swt/Sour Pork w/Brn Rice</u> Green Peas Spinach Romaine Salad Whole Wheat Roll Spiced Peaches</p> <p align="right">18</p>	<p>Southwest Omelet Bake or <u>Baked Beef Rigatoni</u> California Blend Vegetables Broccoli Raisin Salad Herb Roll Banana Pudding</p> <p align="right">19</p>	<p>Chicken Salad Sndwch Half or <u>Tuna Salad Sndwch Half</u> on Wheat Bread Potato Chowder Carrot Pineapple Salad Pears</p> <p align="right">20</p>	<p>Chicken w/Pasta & Broccoli or <u>Cowboy Campfire Stew</u> Mixed Vegetables Creamy Coleslaw Whole Wheat Roll Seasonal Fresh Fruit</p> <p align="right">21</p>	<p>Scall Potatoes & Tky Ham or <u>Beef Spanish Rice Bake</u> Brussels Sprouts Tossed Salad Rye Roll Frosted Chocolate Cake</p> <p align="right">22</p>
<p>Turkey Apple Meatballs w/Apple Berry Sauce or <u>Vegetable a la King</u> Garlic Whipped Potatoes Green Beans Squash Bread Pineapple</p> <p align="right">25</p>	<p align="center"><u>Thanksgiving Special</u> Roasted Turkey w/Gravy or <u>Salisbury Steak w/Gravy</u> Whipped Potatoes Mixed Vegetables Brd Dressing / Cranberry Sc Bkd Pmpkn Custard/Whip</p> <p align="right">26</p>	<p align="center"><u>Thanksgiving Special</u> Sliced Ham w/Orange Glz or <u>Roasted Turkey w/Gravy</u> Whipped Sweet Potatoes Green Peas Wheat Bread / Cranberry Sc Pumpkin Bar</p> <p align="right">27</p>	 <p align="center">THANKSGIVING</p> <p align="center">CLOSED FOR THE HOLIDAY</p> <p align="right">28</p> <p align="right">29</p>	

Battle Inflammation with Food

Although inflammation is the body’s helpful response to protect or recover from injury or illness, chronic inflammation is a lingering state caused by disease, stress, diet, smoking, etc. Managing chronic inflammation may reduce symptoms of pain and swelling, and potentially decrease the risk of developing other major diseases such as cancer, heart disease, arthritis, Alzheimer’s or depression.

Foods that can Reduce Inflammation

Researchers are still learning about the link between inflammation and diet, but a balanced, healthful diet may have an anti-inflammatory effect. Emphasize a daily variety of fruits and vegetables, which contain phytochemicals that can protect against inflammation. Add a few servings each week of healthy fats (omega-3’s), from sources such as salmon, walnuts or chia seeds. Be sure to choose whole grains more often. Brown rice is widely available, but you can also experiment with alternative whole grains such as quinoa, farro or bulgur for variety.



Alternatives for Foods that Promote Inflammation

On the other hand, certain foods can increase inflammation. Reduce or eliminate many saturated fats, trans fats and processed foods easily:

- Choose fish or vegetarian meals over red meat (try hummus instead of ham on a sandwich, or grilled fish on a whole wheat bun instead of a hamburger)
- Replace mayonnaise with sliced avocado
- Snack on air-popped popcorn instead of chips
- Try fruit or a small piece of dark chocolate for dessert
- Trade soda for unsweetened sparkling water
- Bake or grill foods instead of frying



Adapted from <https://www.eatright.org/health/wellness/preventing-illness/what-is-an-anti-inflammatory-diet>; <https://www.health.harvard.edu/staying-healthy/foods-that-fight-inflammation>
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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.