

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">NORTHWEST SENIOR & DISABILITY SERVICES</p> <p align="center">OCTOBER 2019</p>	<p>Hearty Turkey Stew or <u>Western Goulash</u> Lima Beans Garden Vegetable Salad Dill Roll Peach Cobbler</p> <p align="right">1</p>	<p>White Bean Chicken Chili or <u>Zucchini Vegt Lasagna</u> Broccoli Country Coleslaw French Roll Lemon Pudding</p> <p align="right">2</p>	<p>Chicken & Vegetable Stir Fry w/Brown Rice or <u>Western Pork Stew</u> Green Peas Tossed Salad Seven Grain Roll Banana Chocolate Chip Bar</p> <p align="right">3</p>	<p>Teriyaki Chicken Sandwich or <u>Kielbasa Sausage / Kraut</u> on a Bun Yellow Mustard Baked Beans Mixed Vegetables Applesauce</p> <p align="right">4</p>
<p><u>Baked Beef Rigatoni or Sweet/Sour Chicken w/Brown Rice</u> Green Beans Marinated Vegetable Salad Whole Wheat Roll Apple Crisp</p> <p align="right">7</p>	<p>Herbed Chicken Patty/Gvy or <u>Roast Pork w/Gravy</u> Whipped Potatoes Italian Blend Vegetables Squash Bread Banana Pudding</p> <p align="right">8</p>	<p>Lemon Herb Chicken or <u>BBO Smokehouse Chop</u> Lyonnaise Potatoes Whole Kernel Corn Oat Bran Bread Peanut Butter Bar</p> <p align="right">9</p>	<p><u>Brunch for Lunch</u> Broccoli Omelet Bake or <u>Pork Sausage Gravy</u> Biscuit Mixed Vegetables Romaine Iceberg Salad Seasonal Fresh Fruit</p> <p align="right">10</p>	<p>Garden Chicken Mini Salad or <u>Chef Mini Salad</u> over Spinach Romaine Green Split Pea Soup Whole Wheat Roll Golden Fruit Cup</p> <p align="right">11</p>
<p>Ground Beef & Pasta or <u>Chicken Divan Bake</u> Herbed Carrots Spinach Romaine Salad Herb Roll Vanilla Pudding</p> <p align="right">14</p>	<p>Chicken Salad Sndwch Half or <u>Egg Salad Sandwich Half</u> on Wheat Bread Minestrone Soup Carrot Coleslaw Pears</p> <p align="right">15</p>	<p>Hmstyle Turkey Patty/Gvy or <u>Swiss Style Patty w/Sc</u> Delmonico Potatoes Mixed Vegetables Multigrain Bread Ice Cream Cup</p> <p align="right">16</p>	<p>Chicken Breast w/Cider Glz or <u>Swedish Meatballs</u> Garlic Whipped Potatoes Red Cabbage & Apples Rye Bread Hermit Bar</p> <p align="right">17</p>	<p>Turkey a la King or <u>Braised Beef Tips</u> Whipped Potatoes Cauliflower & Carrots Sunflower Seed Roll Applesc Gingerbread Cake</p> <p align="right">18</p>
<p>Pork Choppie w/Gravy or <u>Caribbean Spice Chicken</u> Whipped Sweet Potatoes Broccoli Wheat Bread Spiced Peaches</p> <p align="right">21</p>	<p>Chicken Brunswick Stew or <u>Diced Pork & Penne Pasta</u> Country Trio Vegetables Spinach Romaine Salad Oatmeal Roll Butterscotch Bar</p> <p align="right">22</p>	<p>Chicken Alfredo Bake or <u>Beef Stuffed Bell Pepper</u> Capri Blend Vegetables Tossed Salad Rye Roll Fresh Orange</p> <p align="right">23</p>	<p>Sloppy Joe or <u>Breaded Fish w/Tartar Sauce</u> on a Bun Green Beans Creamy Coleslaw Bread Pudding w/Raisins</p> <p align="right">24</p>	<p>Lima Beans & Turkey Ham or <u>Mac & Cheese Florentine</u> Herbed Carrots Marinated Broccoli Salad Cornmeal Roll Cherry Whip</p> <p align="right">25</p>
<p>Creamy Pasta w/Vegetables or <u>Cowboy Campfire Stew</u> Green Peas Carrot Pineapple Salad Whole Wheat Roll Seasonal Fresh Fruit</p> <p align="right">28</p>	<p>Santa Fe Trky Mini Salad or <u>Chkn Curry Mini Salad</u> over Spinach Romaine Lentil Soup Potato Wheat Roll Golden Fruit Cup</p> <p align="right">29</p>	<p><u>Halloween Special</u> Beef Patty/Pep & Onion Gvy or <u>Roasted Turkey w/Gravy</u> Whipped Potatoes Capri Blend Vegetables Oat Bran Bread Red Devil Beet Cake</p> <p align="right">30</p>	<p><u>Halloween Special</u> Orange Glazed Chicken or <u>Liver & Onions w/Gravy</u> Creamed Potatoes Succotash Squash Bread Baked Pumpkin Custard</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>

Grocery Shopping Done Smart

Grocery stores are full of brightly-colored products all competing for your attention, and it's easy to get overwhelmed by so many choices. Spend a few minutes before leaving the house to form a plan and enjoy the benefits of saving money and time while sticking to a healthy diet.

Plan Ahead for Success

Start by making a menu for the coming week. Look at sales flyers and coupons and choose recipes based on seasonal foods. Try to choose recipes that share ingredients to avoid buying more than you need. Keep a running grocery list and note items to buy as you use them up. Use a note pad in your kitchen or an app on your phone to ensure the list is handy whenever you need it.

Once you've made a shopping list with ingredients for your recipes and any other items from your running list, bring it to the store and stick to it! Before you leave home, eat a small snack full of protein and fiber. This will provide energy for the trip and prevent impulse buys influenced by hunger.

At the store, avoid aisles that may tempt you. Shop the perimeter of the store for whole, unprocessed foods and skip the candy, soda and packaged snacks. An occasional small treat is okay, but was it on the list?

Maintain Healthy Habits at Home

Keep a well-stocked pantry and freezer with healthy staples, including dried fruits, frozen vegetables, whole grains, salt-free herbs and seasonings, and protein-rich foods like beans, nuts and fish. Having these foods on hand makes it easy to prepare a quick and healthy snack or last-minute meal. By having a plan before arriving at the grocery store, you can stay in control and feel good about your healthy habits.



*Adapted from <https://www.eatright.org/food/planning-and-prep/smart-shopping>
Photo courtesy of flickr.com*

**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 Cooperative Ministries**
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

.....

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.