


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tamale Pie or Chicken Pastina Green Beans Carrot Pineapple Salad White Dinner Roll Smore's Chocolate Pudding <p style="text-align: right;">1</p>	Hearty Turkey Stew or Western Goulash Lima Beans Garden Vegetable Salad Onion Roll Chocolate Chip Bar <p style="text-align: right;">2</p>	White Bean Chili w/Chikn or Vegetable Lasagna Broccoli Spinach Romaine Salad French Roll Lime Gelatin w/Whip Top <p style="text-align: right;">3</p>	Baked Chicken w/Cider Glz or Swedish Meatballs Garlic Whipped Potatoes Cabbage & Carrots Rye Bread Hermit Bar <p style="text-align: right;">4</p>	Teriyaki Chicken Sndwich or Kielbasa Sausage/Kraut on a Bun Baked Beans Mixed Vegetables Applesauce <p style="text-align: right;">5</p>
Baked Beef Rigatoni or Swt/Sr Chicken w/Brn Rice Green Beans Marinated Vegetable Salad Squash Bread Apple Crisp <p style="text-align: right;">8</p>	Chicken Patty w/Gravy or Roast Pork w/Gravy Whipped Potatoes Oregon Bean Medley Multigrain Roll Banana Pudding <p style="text-align: right;">9</p>	Lemon Herb Chicken or BBO Smokehouse Chop Lyonnaise Potatoes Broccoli Oat Bran Bread Peanut Butter Bar <p style="text-align: right;">10</p>	Broccoli Omelet Bake or Pork Sausage Gravy Biscuit Mixed Vegetables Romaine Iceberg Salad Golden Fruit Cup <p style="text-align: right;">11</p>	Garden Chkn Mini Salad or Turkey Club Mini Salad on Spinach Romaine Green Split Pea Soup Seven Grain Roll Pineapple <p style="text-align: right;">12</p>
Ground Beef & Pasta or Chicken Divan Bake Herbed Carrots Spinach Romaine Salad Garlic Roll Vanilla Pudding <p style="text-align: right;">15</p>	Chicken Salad Sndwch Half or Egg Salad Sndwch Half on Whole Wheat Bread Minestrone Soup Carrot Coleslaw Pears <p style="text-align: right;">16</p>	Hmstyle Turkey Patty/Gvy or Swiss Style Patty Delmonico Potatoes Green Beans Herb Roll Strawberry Ice Cream Cup <p style="text-align: right;">17</p>	Chkn Chop Suey/Brn Rice or Western Pork Stew Green Peas Spinach Romaine Salad Seven Grain Roll Fresh Orange <p style="text-align: right;">18</p>	Turkey a la King or Braised Beef Tips Whipped Potatoes Country Trio Vegetables Sunflower Seed Roll Applesauce Gingerbread <p style="text-align: right;">19</p>
Chicken Patty w/ Honey Mustard Sauce or Pork Choppie w/Gravy Whipped Sweet Potatoes Mixed Vegetables Potato Wheat Roll Spiced Peaches <p style="text-align: right;">22</p>	Chicken Rice Bake or Diced Pork & Penne Pasta Country Trio Vegetables Spinach Romaine Salad Oatmeal Roll Butterscotch Bar <p style="text-align: right;">23</p>	Chicken Pomodoro or Shepherd's Pie Capri Blend Vegetables Tossed Salad Rye Bread Seasonal Fresh Fruit <p style="text-align: right;">24</p>	Sloppy Joe or Breaded Baked Fish Sandwich w/Tartar Sauce on a Bun Green Beans Marinated Zucchini Salad Bread Pudding w/Raisins <p style="text-align: right;">25</p>	Lima Beans & Ham or Mac & Cheese Florentine Herbed Carrots Marinated Broccoli Salad Cornmeal Roll Cherry Whip <p style="text-align: right;">26</p>
Pasta Primavera or Cowboy Campfire Stew Green Beans Carrot Pineapple Salad Dinner Roll Lemon Pudding <p style="text-align: right;">29</p>	Halloween Special Beef Patty/Onion & Pep Gvy or Roast Turkey w/Gravy Whipped Potatoes Green Peas Oat Bran Bread Red Devil Beet Cake <p style="text-align: right;">30</p>	Halloween Special Orange Glazed Chicken or Liver & Onions Whipped Potatoes Broccoli Squash Bread Baked Pumpkin Custard <p style="text-align: right;">31</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 style="text-align: center;">NORTHWEST SENIOR & DISABILITY SERVICES</p> <p style="text-align: center;">OCTOBER 2018</p>

Catch latest 'Keen-whah' Trend

Most people believe that quinoa (pronounced "keen-whah") is a grain, but it is actually a seed. Considered an ancient grain, this nutrient-dense seed originated thousands of years ago in the Andes Mountains. It was known as "the mother of all grains" and was treasured for its rich nutrition. Quinoa has more protein than any other grain or seed. It comes in many different shapes and colors, but is usually seen in the tan or yellow varieties. Quinoa is becoming more popular in North America — in 2010, the National Restaurant Association named Quinoa as the hottest trend in side dishes.

Health benefits of Quinoa

Even though quinoa has been around for centuries, researchers say "it's the new kid on the block". Quinoa is a good choice for individuals who are on a gluten-free diet. It is a plant-based food that is a complete protein, meaning it offers all of the nine essential amino acids needed for survival, and it has a high potassium content, which may help control blood pressure. It may also be useful in reducing the risk for diabetes. Another benefit of this healthy grain is helping with satiety — feeling fuller longer.

How to Cook Quinoa

Before quinoa can be cooked, the outside coating, called saponin, needs to be rinsed off. Saponin is a coating around the grain that acts as a natural pesticide, which make this grain easy to grow without chemical pesticides. Even though most store-bought quinoa has this saponin already removed, an extra rinse won't hurt. You can eat quinoa plain, as a stuffing, or a substitute for other grains such as rice, couscous, or oatmeal. Any way you may like it, make sure to try this hip new trend.



Adapted from <http://www.ancientgrains.com/quinoa-history-and-origin/>; <https://wholegrainscouncil.org>

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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.

N. Comstock RD, LDN 8/21/18