

TUESDAY

THURSDAY

**NWSDS CLATSOP
& TILLAMOOK
COUNTIES
NOVEMBER 2018**

THANKSGIVING
THURSDAY, NOVEMBER 22



Tuna Salad Sandwich
Half w/Lettuce
on Wheat Bread
Vegetarian Vegetable Soup
Marinated Vegetable Salad
Pineapple Nut Cookie **1**



**FALL BACK
AN HOUR!
SUNDAY, NOV. 4**

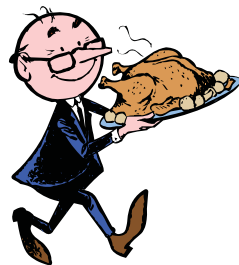
*We pay tribute
to the Heroes
who fought
and died so
valiantly...*



VETERANS DAY, NOV. 11

**Beef Patty w/
Peppers & Onions**
Whipped Potatoes
Red Cabbage & Apples
Wheat Bread
Citrus Gelatin **6**

Turkey Salad
over Spinach Romaine
Cream of Tomato Soup
Whole Wheat Roll
Ice Cream Cup **13**



**Garden Chicken
Mini Salad**
over Spinach Romaine
Cream of Broccoli Soup
Whole Wheat Roll
Tropical Mixed Fruit **8**

BBQ Pulled Pork Sndwch
on a Bun
Baked Beans
Creamy Coleslaw
Poke & Pour Cake **15**

Pork Choppie w/Gravy
Whipped Sweet Potatoes
Capri Blend Vegetables
Whole Wheat Roll
Apple Crisp **20**

Closed for Holiday



22



**Lemon Herb Chicken
w/Rice Pilaf**
Green Beans w/Peppers
Pickled Beets
Pineapple **27**



Shaved Turkey Sandwich
Half w/Lettuce
on Wheat Bread
Potato Chowder
Creamy Coleslaw
Zucchini Brownie **29**

A suggested donation of \$3.00
is requested from seniors
60 and older.
Seniors under 60
must pay \$6.75

1% Milk served with all meals

Stickers on Produce Edible, Too

Stickers on produce, such as fruits and vegetables, are edible. These stickers and their glue have been approved by the Food and Drug Administration as safe to ingest. The process is called

pressure sensitive adhesive, which is ideal for fruits and vegetables. This process can be applied to many different types of surfaces at a wide range of temperatures and does not leave residue behind when removed.

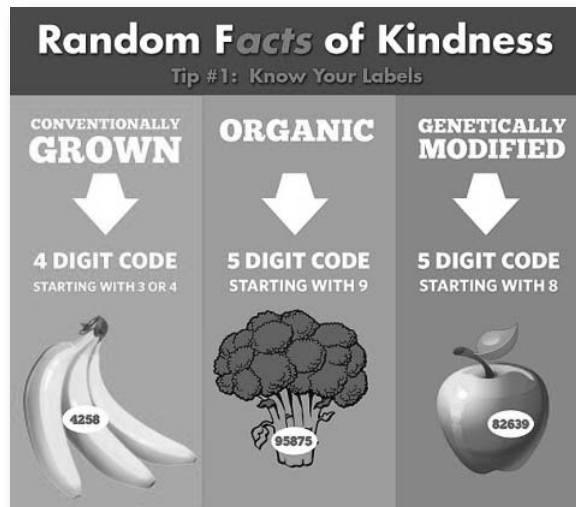
Even though these stickers are small, they convey important information — they tell you more than you think. The “Price Lookup” number, also called the PLU code, identifies the fruit or vegetable, and also describes how it was grown. The label can potentially tell you if the produce was

genetically modified, organically grown or produced with chemical fertilizers, fungicides, or herbicides.

Fun Fact:

A New York inventor is working on manufacturing a sticker that will dissolve under water and turn into a wash to help sanitize the produce. — Fresh & clean fruits & veggies!

- Conventionally grown means produce was grown with the use of pesticides.
- Organic means the product was grown in accordance with the USDA organic standards, with no modification.
- Genetically modified is when the genetic configuration of the produce has been altered in some way.



Clatsop & Tillamook Counties Dining Site Schedules

SENIOR HELPLINE

(800) 584-9712

CLATSOP COUNTY

Seaside

Bob Chisholm
Community Center
Monday - Friday
(503) 738-9323

Svensen

Wickiup Grange Hall
Wednesday & Thursday
(503) 458-6888

TILLAMOOK COUNTY

Nehalem

United Methodist Church
10th & “A” Street
Tuesday & Thursday
(503) 368-3622

Pacific City

Kiawanda
Community Center
34600 Cape Kiwanda Drive
Monday - Friday
(503) 965-7900

Tillamook

Tillamook Senior Center
316 Stillwell
Monday - Friday
(503) 842-9660

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.