




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center"><b>NORTH WEST SENIOR &amp; DISABILITY SERVICES</b></p> <p align="center"><b>OCTOBER 2018</b></p>		<p align="center">Suggested Donation: \$3.00 per meal</p> <p align="center">1% Milk served with all meals</p>	<p><b>Santa Fe Turkey Salad or Curried Chkn &amp; Rice Salad</b> Spinach Romaine Salad Lentil Soup Potato Wheat Roll Golden Fruit Cup</p> <p align="right">1</p>	<p><b>Braised Beef Tips or Creamed Chicken &amp; Vegt</b> Whipped Potatoes Mixed Vegetables Seven Grain Roll Chocolate Ice Cream Cup</p> <p align="right">2</p>
<p><b>Vegetarian Chili or Chicken Lo Mein</b> Green Peas Spinach Romaine Salad Onion Roll Gelatin Jewels w/Whip Top</p> <p align="right">5</p>	<p><b>Shaved Turkey Sndwch Half or Meatloaf Sandwich Half</b> Wheat Bread Corn Chowder Pickled Beets Mandarin Oranges</p> <p align="right">6</p>	<p><b>Chicken Patty w/Gravy or Brd Baked Fish w/Tartar Sc</b> Lyonnaise Potatoes Broccoli Multigrain Bread Apple Rhubarb Crisp</p> <p align="right">7</p>	<p><b>Garlic Chicken w/Gravy or Pork Choppie w/Gravy</b> Colcannon Potatoes Glazed Carrots Herb Roll Peanut Butter Bar</p> <p align="right">8</p>	<p><b>Beef Patty w/BBQ Sauce or Hot Dog w/Sauerkraut</b> Bun Whole Kernel Corn Country Coleslaw Yellow Cake w/Chocolate Frosting</p> <p align="right">9</p>
<p align="center"><u>Closed for Holiday</u></p>  <p align="right">12</p>	<p><b>Chicken &amp; Dumplings or Spaghetti w/Meat Sauce</b> Garlic Roll Green Beans Marinated Broccoli Salad Spiced Applesauce</p> <p align="right">13</p>	<p><b>Shoyu Chicken or Country Meatballs</b> Garden Vegetable Rice Broccoli Romaine Iceberg Salad Fresh Orange Herb Roll</p> <p align="right">14</p>	<p><b>Beef &amp; Black Bean Chili or Macaroni &amp; Cheese</b> Herbed Carrots Tossed Salad Cracked Wheat Roll Lime Whip</p> <p align="right">15</p>	<p><b>Chicken &amp; Penne Pasta or Sesame Ginger Pork</b> Mixed Vegetables Spinach Romaine Salad Whole Wheat Roll Lemon Blondie</p> <p align="right">16</p>
<p><b>Turkey Apple Meatballs w/Apple Berry Sauce or Beef Patty w/Brown Gravy</b> Delmonico Potatoes Green Beans Oatmeal Bread Pineapple</p> <p align="right">19</p>	<p><b>Thanksgiving Special Roast Turkey w/Gravy or Salisbury Patty w/Gravy</b> Whip Potatoes / Crnbrry Sc Mixed Vegetables Bread Dressing w/Gravy Bkd Pumpkin Cstrd/Whip</p> <p align="right">20</p>	<p><b>Thanksgiving Special Orange Glazed Baked Ham or Roasted Turkey w/Gravy</b> Whipped Sweet Potatoes Green Peas &amp; Onions Wheat Roll / Cranberry Sauce Pumpkin Bar</p> <p align="right">21</p>	 <p align="right">22</p> <p align="right">23</p>	
<p><b>Chicken Tetrizzini or Swt/Sour Pork w/Brn Rice</b> Green Peas Spinach Romaine Salad Whole Wheat Roll Spiced Peaches</p> <p align="right">26</p>	<p><b>Southwest Omelet Bake or Baked Beef Rigatoni</b> Country Trio Vegetables Broccoli Raisin Salad Herb Roll Banana Pudding</p> <p align="right">27</p>	<p><b>Chicken Salad Sndwch Half or Tuna Salad Sndwch Half</b> Wheat Bread Popeye Potato Chowder Carrot Pineapple Salad Pears</p> <p align="right">28</p>	<p><b>Chicken Pastina or Cowboy Campfire Stew</b> Capri Blend Vegetables Creamy Coleslaw Whole Wheat Roll Seasonal Fresh Fruit</p> <p align="right">29</p>	<p><b>Scallop Potatoes &amp; Tky Ham or Beef Spanish Rice Bake</b> Green Beans Tossed Salad Rye Roll Chocolate Oatmeal Bar</p> <p align="right">30</p>

# 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.

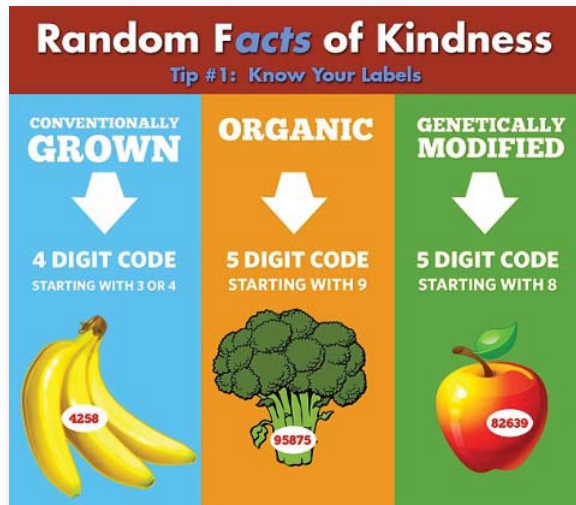
Even though these stickers are small, they convey important information — they tell you more than you think. The “Price Lookup” number, also called the PLU code, identifies the fruit or vegetable, and also describes how it was grown. The label can potentially tell you if the produce was

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.



## 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

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.