

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>♥ Cream Turkey & Vegt or <u>Braised Beef Tips</u> Whipped Potatoes Whole Kernel Corn Whole Wheat Bread Butterscotch Bar</p> <p style="text-align: right;">1</p>	<p>♥ Western Pork Stew or <u>King Ranch Chicken Bake</u> Cut Green Beans Garden Vegetable Salad Cornmeal Roll Pineapple Tidbits</p> <p style="text-align: right;">2</p>	<p>♥ Chicken Brst Supreme or <u>Roast Pork w/Gravy</u> Whipped Potatoes Mixed Vegetables Oat Bran Bread Poke'n Pour Cake</p> <p style="text-align: right;">3</p>	<p>♥ Smokehouse Ribbette or <u>Tuna Loaf w/Cream Sc</u> Creamed Potatoes Green Peas French Bread Cowboy Cookie</p> <p style="text-align: right;">4</p>	<p>♥ Chick Salad Sand Half or <u>Egg Salad Sand Half</u> on Whole Wheat Bread Tomato Spinach Pasta Soup Marinated Vegetable Salad Chocolate Fluff</p> <p style="text-align: right;">5</p>
<p>♥ Chicken Patty w/Gravy or <u>Liver & Onions w/Gravy</u> Whipped Potatoes Steamed Carrots Oatmeal Bread Applesauce Cake</p> <p style="text-align: right;">8</p>	<p>♥ BBQ Chicken Sandwich or <u>Kielbasa Sausage</u> on a Bun Baked Beans Lime Perfection Salad Cinnamon Pear Cobbler</p> <p style="text-align: right;">9</p>	<p>♥ Shaved Beef Sand Half or <u>Shaved Ham Sand Half</u> on Whole Wheat Bread Lentil Soup Creamy Coleslaw Hermit Bar</p> <p style="text-align: right;">10</p>	<p>♥ Chicken & Dumplings or <u>Macaroni & Cheese w/Multigrain Roll</u> Broccoli Cuts Pear & Cheese Salad Butterscotch Pudding</p> <p style="text-align: right;">11</p>	<p>♥ Chili w/Beef & Beans or <u>Zucchini Vegt Lasagna</u> Whole Kernel Corn Spinach Romaine Salad Potato Wheat Roll Orange Whip</p> <p style="text-align: right;">12</p>
<p>♥ Baked Beef Rigatoni or <u>Chicken Rice Bake</u> Broccoli Cuts Pickled Beets Oat Bran Roll Banana Pudding</p> <p style="text-align: right;">15</p>	<p>♥ Meatloaf Sandwich Half or <u>Two Cheese Sand Half</u> on Whole Wheat Bread Navy Bean Soup Country Coleslaw Ice Cream Cup</p> <p style="text-align: right;">16</p>	<p>♥ Irish Beef Stew or <u>Beef Cabbage Bake</u> Green Peas Romaine Iceberg Salad Rye Bread Shamrock Bar</p> <p style="text-align: right;">17</p>	<p>♥ Turk Loaf w/Poultry Gvy or <u>Veal w/Scallopini Sauce</u> Whipped Potatoes Country Trio Vegetables Seven Grain Bread Molasses Cookie</p> <p style="text-align: right;">18</p>	<p>♥ Brd Bkd Fish w/Dill Sc or <u>Baked Ham w/Raisin Sc</u> Colcannon Potatoes Cut Green Beans Multigrain Bread Zucchini Brownie</p> <p style="text-align: right;">19</p>
<p>♥ Oriental Rice w/Ham or <u>Chicken Chow Mein</u> Green Peas & Onions Marin Spring Garden Salad Sunflower Seed Roll Cherry Whip</p> <p style="text-align: right;">22</p>	<p>♥ Scall Potatoes & Tk Ham or <u>Layered Grnd Beef Bk</u> Chuckwagon Corn Garden Vegetable Salad Cornbread Cinnamon Sugar Cookie</p> <p style="text-align: right;">23</p>	<p>♥ Turkey Salad or <u>Krab Salad</u> with Whole Wheat Roll Vegetarian Vegetable Soup Carrot Pineapple Salad Applesauce</p> <p style="text-align: right;">24</p>	<p>♥ Meatloaf w/Gravy or <u>Orange Glazed Chicken</u> Whipped Potatoes Mixed Vegetables Bran Wheat Bread Rice Pudding or Birthday Cake</p> <p style="text-align: right;">25</p>	<p>♥ Seafood Patty w/Tartar or <u>HS Pork Patty w/Gravy</u> Lyonnaise Potatoes Broccoli Cuts Cracked Wheat Bread Birthday Cake</p> <p style="text-align: right;">26</p>
<p>♥ Roast Turkey w/Gravy or <u>Beef Swiss Style Patty</u> Whipped Potatoes Country Trio Vegetables Dill Bread Chocolate Chip Cookie</p> <p style="text-align: right;">29</p>	<p>♥ Beef Spanish Rice or <u>Vegetable Cheese Strata</u> Cut Green Beans Spinach Romaine Salad Cornmeal Roll Gelatin Jewels w/Whipped Topping</p> <p style="text-align: right;">30</p>	<p>♥ Lima Beans & Tk Ham or <u>Shepherd's Pie</u> Broccoli Cuts Carrot Raisin Salad French Roll Baked Custard or Birthday Cake</p> <p style="text-align: right;">31</p>	<p style="text-align: center;">Suggested Donation: \$2.75 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;">MARCH 2010</p>

Avocados Earn an "A" for Nutrition

Wild avocado trees originated in south-central Mexico sometime between 5000 and 7000 B.C. In 1871, the first avocado trees were brought to the U.S. More than 25 different varieties are grown, but the Hass became the industry leader in the 1970s due to its nearly year-round harvestability.

FUN FACTS: Avocados are a fruit, not a vegetable. The avocado also is known as the alligator pear because of its shape and green skin. They once were considered a luxury food reserved only for royalty. Now, avocados are popular throughout the world. Brazilians add avocados to ice cream. Filipinos puree avocados with sugar and milk for a dessert drink.

NUTRITION: One-fifth of a medium-sized avocado has 50 calories and 20 nutrients, including vitamins E and C, folate, fiber, iron and potassium. It has no sodium or cholesterol. It has 3 grams of monounsaturated fat, which helps stabilize blood glucose in persons with diabetes. Avocados also contain the phytonutrient carotenoid lutein, which may help maintain healthy eyes.

TIPS: If you do not plan to eat an avocado right away, select hard, unripened fruit. When stored at room temperature, it will soften and be ready to eat in 2-5 days. Wash the exterior surface with water just before cutting to prevent bacteria from being carried into the flesh. Twist the halves apart and slip the tip of a spoon beneath the large seed to lift it out. Wrap cut avocado halves tightly in plastic and use within two days. Avocados can be mashed with lemon juice and frozen for up to five months.

USES: Avocados are excellent in salads, soups and salsas. Pureed avocados can be used instead of butter or mayonnaise on sandwiches and cooked vegetables.



Dining Centers & Days of Service Call for Lunch Reservations

**MARION, POLK
& YAMHILL COUNTIES**
Dallas, La Creole Manor
Monday - Friday (503) 623-6232

**McMinnville,
McMinnville Senior Center**
Monday - Friday (503) 472-4214

Monmouth, Praise Assembly Church
Monday - Friday (503) 838-2084

**Mt. Angel,
Mt. Angel Community Center**
Tuesday/Thursday (503) 845-9464

Newberg, Chehalem Senior Center
Monday - Friday (503) 538-1490

**Sheridan, Church of the
Nazarene**
Monday - Friday (503) 843-2000

Silverton, Silverton Sr. Center
Monday - Friday (503) 873-6906

**Stayton, Stayton
Community Center**
Monday - Friday (503) 769-7995

**Woodburn,
First Presbyterian Church**
Monday - Friday (503) 981-3470

Salem, Capital Baptist Church
Monday - Friday (503) 365-9694

Salem, South Salem Sr. Center
Monday - Friday (503) 589-1748

Salem, Kingwood West
Monday - Friday (503) 363-3246

Salem, Southeast Neighbors
Monday - Friday (503) 371-0700