

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>♥ <b>BEEF COUNTRY STEW OR <u>THREE CHEESE LASAGNA</u></b> Cut Green Beans Spinach Romaine Salad French Roll Frosted Cake 1</p>	<p><b>CHICKEN SALAD</b> with Whole Wheat Roll Tomato Florentine Soup Chilled Pears Mocha Nut Cookie 2</p>	<p>♥ <b>CREAM TURKEY &amp; VEGT OR <u>BRAISED BEEF TIPS</u></b> over Whipped Potatoes Whole Kernel Corn Whole Wheat Bread Butterscotch Bar 3</p>	<p><b>CHEF SALAD</b> Thousand Island Dressing Whole Wheat Roll Hermit Bar 4</p>	<p>♥ <b>CHICK BRST SUPREME OR <u>ROAST PORK W/GRAVY</u></b> Whipped Potatoes w/Gravy Mixed Vegetables Oat Bran Bread Poke'n Pour Cake 5</p>
<p>♥ <b>SMOKEHOUSE RIBBETTE OR <u>BKD FISH W/TARTAR SC</u></b> Creamed Potatoes Green Peas French Bread Cowboy Cookie 8</p>	<p><b>SHAVED BEEF SANDWICH HALF</b> on Whole Wheat Bread Chicken Noodle Soup Marinated Vegt Salad Peanut Butter Bar 9</p>	<p>♥ <b>CHICKEN PATTY W/GVY OR <u>LIVER &amp; ONIONS W/GVY</u></b> Whipped Potatoes w/Gravy Steamed Carrots Oatmeal Bread Applesauce Cake 10</p>	<p><b>TURKEY SALAD</b> with Whole Wheat Roll Vegetarian Vegetable Soup Chilled Peaches Chocolate Fluff 11</p>	<p>♥ <b>BBQ CHICKEN SAND OR <u>KIELBASA SAUSAGE</u></b> on a Bun Baked Beans Lime Perfection Salad Cinnamon Pear Cobbler 12</p>
<p>♥ <b>CHICKEN &amp; DUMPLINGS OR <u>MACARONI &amp; CHEESE</u></b> with Multigrain Roll Steamed Spinach Tossed Salad Chocolate Oatmeal Bar 15</p>	<p><b>KRAB SALAD</b> with Whole Wheat Roll Split Pea Soup Golden Fruit Salad Ice Cream Cup 16</p>	<p>♥ <b>BAKED BEEF RIGATONI OR <u>CHICKEN RICE BAKE</u></b> Broccoli Cuts Pickled Beets Oat Bran Roll Banana Pudding 17</p>	<p><b>TWO CHEESE SANDWICH HALF</b> on Whole Wheat Bread Minestrone Soup Fresh Orange Rounds Joy's Applesauce Cookies 18</p>	<p>♥ <b>BEEF STEW OR <u>BEEF CABBAGE BAKE</u></b> Green Peas Romaine Iceberg Salad Rye Bread Key Lime Bar 19</p>
<p>♥ <b>TURKEY LOAF W/GRVY OR <u>VEAL W/SCALLOPINI SC</u></b> Whipped Potatoes w/Gravy Country Trio Vegetables Seven Grain Bread Molasses Cookie 22</p>	<p><b>MEATLOAF SANDWICH HALF</b> on Whole Wheat Bread Navy Bean Soup Pineapple Tidbits Choc Zucchini Brownie 23</p>	<p>♥ <b>ORIENTAL RICE W/HAM OR <u>CHICKEN CHOW MEIN</u></b> Green Peas &amp; Onions Marin Spring Garden Salad Sunflower Seed Roll Cherry Whip 24</p>	<p><b>EGG SALAD</b> with Whole Wheat Roll Vegetable Beef Soup Four Bean Salad Frosted Cake 25</p>	<p>♥ <b>SCALL POT &amp; TK HAM OR <u>LAYERED GRND BEEF BK</u></b> Chuckwagon Corn Garden Vegetable Salad Cornbread Cinnamon Sugar Cookies 26</p>
<p>♥ <b>MEATLOAF W/GRAVY OR <u>ORANGE GLAZED CHICKEN</u></b> Whipped Potatoes w/Gravy Mixed Vegetables Bran Wheat Bread Rice Pudding 29</p>	<p><b>TUNA SALAD</b> with Whole Wheat Roll Cream of Broccoli Soup Chilled Applesauce Frosted Cake 30</p>	<p>♥ <b>ROAST TURKEY W/GVY OR <u>BEEF SWISS STYLE PATTY</u></b> Whipped Potatoes w/Gravy Country Trio Vegetables Dill Bread Chocolate Chip Cookies 31</p>	<p>A minimum donation of \$3.00 is requested from seniors 60 and older. Seniors under 60 must pay \$6.75  1% Milk Served with All Meals</p>	<p><b>NWSDS CLATSOP &amp; TILLAMOOK COUNTIES MARCH 2010</b></p>

## Avocados Earn an "A" for Nutrition

**W**ild 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.



### 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 Only  
(503) 458-6888

#### TILLAMOOK COUNTY

##### Nehalem

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

##### Pacific City

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

##### Tillamook

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