


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">NORTHWEST SENIOR & DISABILITY SERVICES</p> <p style="text-align: center;">MARCH 2012</p>		<p>Suggested Donation: \$3.00 per meal</p> <p>1% Milk served with all meals</p>	<p>♥ Cream Chicken & Vegt or <u>Pork Sausage w/Gravy</u> over Buttermilk Biscuit Cut Green Beans Tossed Salad Pineapple Tidbits</p> <p style="text-align: right;">1</p>	<p>♥ Chkn Salad Sand Half or <u>Egg Salad Sand Half</u> on Wheat Bread Chicken Vegetable Soup Country Coleslaw Pears</p> <p style="text-align: right;">2</p>
<p>♥ Meatloaf w/Gravy or <u>Orange Glazed Chicken</u> Whipped Potatoes Mixed Vegetables Bran Wheat Bread Frosted Chocolate Cake</p> <p style="text-align: right;">5</p>	<p>♥ Chicken Patty w/BBQ Sc or <u>Kielbasa Sausage</u> on a Bun Baked Beans Marinated Vegetable Salad Spiced Apples</p> <p style="text-align: right;">6</p>	<p>♥ Scall Potatoes & Tk Ham or <u>Beef Enchilada Bake</u> Cut Green Beans Spinach Romaine Salad Cornmeal Roll Chocolate Chip Bar</p> <p style="text-align: right;">7</p>	<p>♥ Calif Chicken Salad or <u>Pasta Salad w/Tk Ham</u> on a Bed of Greens Vegetarian Vegetable Soup Multigrain Roll Fresh Banana</p> <p style="text-align: right;">8</p>	<p>♥ Chkn/White Bean Chili or <u>Zucchini Vegt Lasagna</u> Herbed Carrots Spinach Romaine Salad French Roll Mixed Fruit Cup</p> <p style="text-align: right;">9</p>
<p>♥ Baked Beef Rigatoni or <u>Chicken Pilaf</u> Broccoli Cuts Pickled Beets White Dinner Roll Chilled Pears</p> <p style="text-align: right;">12</p>	<p>♥ Meatloaf Sandwich Half or <u>Shaved Ham Sand Half</u> on Wheat Bread Cream of Broccoli Soup Marinated Corn Salad Gingerbread w/Whip Topping</p> <p style="text-align: right;">13</p>	<p>♥ Turkey Loaf w/Gravy or <u>Country Fried Steak w/Gvy</u> Whipped Potatoes Country Trio Vegetables Wheat Bread Butterscotch Bar</p> <p style="text-align: right;">14</p>	<p>♥ Lima Beans & Tk Ham or <u>Shepherd's Pie</u> Broccoli Cuts Spinach Romaine Salad French Roll Applesauce</p> <p style="text-align: right;">15</p>	<p>♥ Irish Beef Stew or <u>Vegetable Strata</u> Green Peas Country Coleslaw Caraway Rye Bread Shamrock Cake</p> <p style="text-align: right;">16</p>
<p>♥ Chicken Chow Mein or <u>Oriental Rice w/ Tk Ham</u> Green Peas & Onions Marin Spring Garden Salad Sunflower Seed Roll Frosted Banana Cake</p> <p style="text-align: right;">19</p>	<p>♥ Chkn Patty w/Cntry Gvy or <u>Liver & Onions w/Grvy</u> Whipped Potatoes Steamed Carrots Oatmeal Bread Zucchini Brownie</p> <p style="text-align: right;">20</p>	<p>♥ Hstyle Pork Lf Sand Half or <u>Tk Pastrami Sand Half</u> on Wheat Bread Chicken Noodle Soup Pickled Beets Fresh Orange</p> <p style="text-align: right;">21</p>	<p>♥ Beef Spanish Rice or <u>Macaroni & Cheese</u> Succotash Country Coleslaw White Dinner Roll Mixed Fruit Cup</p> <p style="text-align: right;">22</p>	<p>♥ Brd Fish Patty w/Dill Sc or <u>BBQ Pork Ribette</u> Colcannon Potatoes Oregon Bean Medley Wheat Bread Vanilla Pudding</p> <p style="text-align: right;">23</p>
<p>♥ Chicken Breast Supreme or <u>Roast Pork w/Gravy</u> Whipped Potatoes Mixed Vegetables Dill Bread Poppysed Cake</p> <p style="text-align: right;">26</p>	<p>♥ Roast Turkey w/Gravy or <u>Salisbury Steak</u> Whipped Potatoes Whole Kernel Corn Cracked Wheat Bread Chocolate Pudding</p> <p style="text-align: right;">27</p>	<p>♥ Garden Chkn Mini Salad or <u>Chef Mini Salad</u> on Spinach Romaine Potato Onion Soup Wheat Roll Applesauce</p> <p style="text-align: right;">28</p>	<p>♥ Chicken & Dumplings or <u>Spaghetti w/Meat Sauce</u> w/French Roll Green Peas & Onions Romaine Iceberg Salad Pineapple Tidbits</p> <p style="text-align: right;">29</p>	<p>♥ Turkey Salad Sand Half or <u>Krab Salad Sand Half</u> on Wheat Bread Lentil Soup Carrot Slaw Spiced Apples</p> <p style="text-align: right;">30</p>

What's the **skinny** in Asparagus?

In ancient times, asparagus was prized for its medicinal qualities, so harvesting the wild asparagus was a springtime ritual. Asparagus folklore credited the green spears with everything from curing toothaches to being a reproductive tonic.

The asparagus plant is a member of the lily family, which also includes onions, leeks and garlic. Just five stalks of asparagus is considered a serving. It is an excellent source of folic acid, thiamin, vitamin B-6, vitamin C, potassium and fiber. A serving of asparagus is only 25 calories and is very low in sodium. In addition, asparagus is high in rutin, a bioflavanoid, which helps strengthen blood vessels.

Asparagus is harvested by hand when the stalks reach about nine inches tall. The season begins in mid-February, peaking in March and April, just in time for the spring holidays. California, Washington and Michigan are the major asparagus growers in the United States.

You should purchase bright green spears with firm, compact heads. Choose spears of about the same size so they will cook evenly. Keep fresh asparagus refrigerated in a plastic bag with a moist paper towel wrapped around the stem ends or stand them upright in two inches of cold water for two to three days. Asparagus may be eaten raw or lightly cooked in boiling water, steamed, microwaved, stir-fried or roasted. It can be served as a side vegetable or in salads, soups, stews, creamed dishes or sauces. Asparagus is an excellent choice as part of the recommendation of the 2010 American Dietary Guidelines to eat more fruits and vegetables.



Dining Centers & Days of Service Call for Lunch Reservations

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**MARION, POLK
& YAMHILL COUNTIES**

Dallas, La Creole Manor

Monday - Friday (503) 623-6232

**McMinnville,
McMinnville Senior Center**

Monday - Friday (503) 472-4214

Monmouth, Monmouth Sr. Center

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 Senior 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 Senior Center

Monday - Friday (503) 589-1748

Salem, Kingwood West

Monday - Friday (503) 363-3246

Salem, Southeast Neighbors

Monday - Friday (503) 371-0700