

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NWSDS CLATSOP & TILLAMOOK COUNTIES MARCH 2012</p>		<p>A minimum donation of \$3.00 is requested from seniors 60 and older. Seniors under 60 must pay \$6.75</p> <p>1% Milk Served with All Meals</p>	<p>Chicken Caesar Salad w/Caesar Dressing Cornmeal Roll Vanilla Pudding</p> <p style="text-align: right;">1</p>	<p>♥ Smokehouse Ribbette or Turkey Loaf w/Gravy Creamed Potatoes Green Peas French Bread Fresh Orange</p> <p style="text-align: right;">2</p>
<p>♥ Cream Chicken & Vegt or Pork Sausage Gravy over Buttermilk Biscuit Capri Blend Vegetables Tossed Salad Pineapple Tidbits</p> <p style="text-align: right;">5</p>	<p>Krab Salad with Cornmeal Roll Potato Onion Soup Four Bean Salad Molasses Cookie</p> <p style="text-align: right;">6</p>	<p>♥ Meatloaf w/Gravy or Orange Glazed Chicken Whipped Potatoes Mixed Vegetables Bran Wheat Bread Frosted Cake</p> <p style="text-align: right;">7</p>	<p>Shaved Ham Sandwich Half on Wheat Bread Chunky Tomato Rice Soup Carrot Slaw Mixed Fruit Crisp</p> <p style="text-align: right;">8</p>	<p>♥ Scall Potatoes/Tk Ham or Beef Enchilada Bake Cut Green Beans Spinach Romaine Salad Cornmeal Roll Chocolate Chip Bar</p> <p style="text-align: right;">9</p>
<p>♥ Beef Spanish Rice or Macaroni & Cheese Succotash Marin Spring Garden Salad Multigrain Roll Spiced Apples</p> <p style="text-align: right;">12</p>	<p>Meatloaf Sandwich Half on Wheat Bread Chicken Noodle Soup Country Coleslaw Oatmeal Cookie</p> <p style="text-align: right;">13</p>	<p>♥ Baked Beef Rigatoni or Chicken Pilaf Broccoli Cuts Pickled Beets White Roll Chilled Pears</p> <p style="text-align: right;">14</p>	<p>Chicken Salad with Multigrain Roll Navy Bean Soup Fresh Orange Bread Pudding</p> <p style="text-align: right;">15</p>	<p>♥ Irish Beef Stew or Vegetable Strata Green Peas Country Coleslaw Caraway Rye Bread Shamrock Cake</p> <p style="text-align: right;">16</p>
<p>♥ Turkey Loaf w/Grvy or Cntry Fried Steak w/Gvy Whipped Potatoes Country Trio Vegetables Wheat Roll Butterscotch Bar</p> <p style="text-align: right;">19</p>	<p>Ham Salad with Wheat Roll Cream of Broccoli Soup Chilled Peaches Almond Cookie</p> <p style="text-align: right;">20</p>	<p>♥ Chicken Chow Mein or Oriental Rice & Tk Ham Green Peas & Onions Marin Spring Garden Salad Sunflower Seed Roll Frosted Banana Cake</p> <p style="text-align: right;">21</p>	<p>Shaved Turkey Sandwich Half on Wheat Bread Lentil Soup Garden Vegetable Salad Pineapple Tidbits</p> <p style="text-align: right;">22</p>	<p>♥ Chkn Patty/Cntry Gvy or Liver & Onions w/Gvy Whipped Potatoes Steamed Carrots Oatmeal Bread Zucchini Brownie</p> <p style="text-align: right;">23</p>
<p>♥ Brd Fish Patty w/Dill Sc or BBO Pork Ribette Whipped Potatoes Oregon Bean Medley Wheat Roll Apple Crisp</p> <p style="text-align: right;">26</p>	<p>Shaved Pastrami Sandwich Half on Wheat Bread Minestrone Soup Fresh Orange Chocolate Chip Cookie</p> <p style="text-align: right;">27</p>	<p>♥ Chicken Brst Supreme or Roast Pork w/Gravy Whipped Potatoes Mixed Vegetables Dill Bread Poppysed Cake</p> <p style="text-align: right;">28</p>	<p>Egg Salad with Wheat Roll Split Pea Soup Spinach Romaine Salad Hermit Bar</p> <p style="text-align: right;">29</p>	<p>♥ Roast Turkey w/Gravy or Salisbury Steak Whipped Potatoes Whole Kernel Corn Cracked Wheat Bread Chocolate Pudding</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.



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