
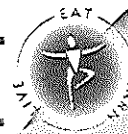


**JOSEPHINE & JACKSON COUNTY SENIOR NUTRITION SERVICES • SEPTEMBER 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>GRANDPARENTS DAY, SEPT. 10</b>	<p>A suggested minimum donation is requested from seniors 60 and older.</p> <p>Non-seniors must pay the full cost of the meal.</p> <p>1% milk served with all meals.</p>	 <b>FRIDAY, SEPTEMBER 22</b>		<p><b>MEATLOAF W/GRAVY</b>                      O'Brien Potatoes                      Green Peas                      Multigrain Bread                      Apple Cobbler</p> <p align="right">4</p>
<p><u>CLOSED FOR HOLIDAY</u></p> <p><b>LABOR DAY</b></p> <p align="right">4</p>	<p><b>SLOPPY JOE</b>                      on Whole Wheat Bun                      Baked Potato Wedges                      Mexicali Corn                      Strawberry Yogurt</p> <p align="right">5</p>	<p><b>STUFFED BELL PEPPER</b>                      Seasoned Carrots                      Fiesta Blend Vegetables                      Cracked Wheat Roll                      Grace's Chocolate                      Cookie</p> <p align="right">6</p>	<p><b>ROAST BEEF W/GRAVY</b>                      Sour Cream &amp; Chive                      Potatoes                      Peas &amp; Onions                      Rye Bread                      Birthday Cake</p> <p align="right">7</p>	<p><b>CHICKEN POMODORO</b>                      Steamed Spinach                      Italian Blend Vegetables                      Sunflower Seed Bread                      Fresh Watermelon</p> <p align="right">8</p>
<p><b>PASTA PRIMAVERA</b>                      Cut Green Beans                      Harvard Beets                      Onion Roll                      Peanut Butter Bar</p> <p align="right">11</p>	<p><b>COWBOY CAMPFIRE STEW</b>                      Whole Kernel Corn                      Cut Green Beans                      Cornmeal Roll                      Cowboy Cookie</p> <p align="right">12</p>	<p><b>CHICKEN STIR FRY</b>                      Steamed Rice                      Oriental Blend Vegetables                      Steamed Carrots                      Birthday Cake</p> <p align="right">13</p>	<p><b>TURKEY TETRAZZINI</b>                      Succotash                      Broccoli Raisin Salad                      Whole Wheat Bread                      Pineapple Fluff</p> <p align="right">14</p>	<p><b>ROAST PORK W/GRAVY</b>                      Whipped Potatoes                      w/Gravy                      Scandinavian Blend Vegt                      Onion Bread                      Cinnamon Applesauce</p> <p align="right">15</p>
<p><b>SHOYU CHICKEN</b>                      Broccoli Cuts                      Peas &amp; Onions                      Rice Pilaf                      Chilled Pears</p> <p align="right">18</p>	<p><b>SPAGHETTI W/MEAT SAUCE</b>                      Italian Blend Vegetables                      Steamed Spinach                      Garlic Roll                      Snickerdoodle Cookie</p> <p align="right">19</p>	<p><b>HAM &amp; CHEESE STRATA</b>                      Oregon Bean Medley                      Marinated Zucchini Salad                      Seven Grain Roll                      Chocolate Chip Bar</p> <p align="right">20</p>	<p><b>MEATLOAF W/ MUSHROOM GRAVY</b>                      Garlic Whipped Potatoes                      Cut Green Beans                      Bran Rye Roll                      Tapioca Pudding</p> <p align="right">21</p>	<p><b>BAKED FISH W/TARTAR SAUCE</b>                      Delmonico Potatoes                      Country Trio Vegetables                      Dill Wheat Bread                      Peach Crisp</p> <p align="right">22</p>
<p><b>BEEF ENCHILADA BAKE</b>                      Seasoned Carrots                      Mexicali Corn                      Bran Rye Roll                      Lime Whip</p> <p align="right">25</p>	<p><b>ROAST TURKEY W/GRAVY</b>                      Rustic Mashed Potatoes                      Capri Blend Vegetables                      Oat Bran Bread                      Apple Streusel Cake</p> <p align="right">26</p>	<p><b>GERMAN MEATBALLS W/ROTINI NOODLES</b>                      Green Peas                      Carrot Mandarin Salad                      Molasses Cookie</p> <p align="right">27</p>	<p><b>MACARONI &amp; CHEESE</b>                      Escalloped Tomatoes                      Cut Green Beans                      Oatmeal Bread                      Spiced Peaches</p> <p align="right">28</p>	<p><b>BBQ PORK SANDWICH</b>                      on a Bun                      Baked Potato Wedges                      Oregon Bean Medley                      Chocolate Pudding</p> <p align="right">29</p>

# BALANCED CHOICES<sup>®</sup>



*for a healthy lifestyle!*

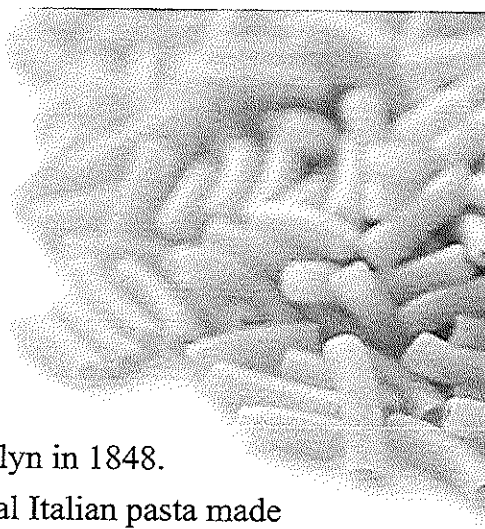
**bateman**  
Community Living

**SENIOR NUTRITION SERVICES**

**September 2017**

## Explore Endless Pasta-bilities!

**P**asta has been enjoyed by people for thousands of years. The Chinese were making a noodle-like food as early as 3000 B.C. Legend has it that Marco Polo introduced pasta to Italy following his exploration of the Far East in the 13th Century. English tourists brought pasta back from Italy and the colonists then brought pasta to America. The first industrial pasta factory was in Brooklyn in 1848.



When you think of pasta, traditional Italian pasta made from wheat is what usually comes to mind. These pastas often contain semolina, farina, durum flour or eggs. However, pastas can be made from a variety of flours made from non-wheat grains, roots, legumes, tubers, and even seaweed. Non-wheat pastas are an excellent alternative for people who cannot consume gluten. However, not all non-wheat pastas are entirely wheat free, so make sure to read the label.

Asian pastas may be made from mung bean flour or rice. These pastas are usually translucent in flat sheets or thin noodles to be used as wrappers for fillings or in stir fries.

Pastas may also be made from tubers such as cassava, white potatoes, or yams. Other non-wheat pastas may be made from red lentils, chickpeas, black beans, quinoa, or corn.

Pastas are low in sodium, low fat, and have a low glycemic index. Traditional pastas are enriched with B-vitamins and folic acid. Pastas made from beans will be higher in protein and fiber than traditional pastas. Dry pastas have a shelf life of many months, are inexpensive and easy to prepare. Pastas come in many shapes to which you can add a variety of fruits, vegetables, meats and sauces. Pastas can add interest to any meal because you can serve them as an appetizer, side dish, main meal, salad, or dessert.

*Adapted from <http://www.berkeleywellness.com>; <https://pastafits.org>;  
and Consumers Reports magazine, May 2017.*

**Jackson County  
dining centers are located in:**

**Ashland  
Central Point  
Eagle Point  
Jacksonville  
Medford  
Rogue River  
Shady Cove  
Talent**

Home delivered meals are also available in Gold Hill and White City.

For More Information,  
Please call Food & Friends  
at (541) 734-9505.

**Josephine County  
dining centers are located in:**

**Grants Pass  
Merlin  
Wolf Creek  
Wilderville  
Cave Junction**

Home delivered meals are also available in Williams.

For More Information,  
Please call Food & Friends  
at (541) 955-8839