






Mon	Tue	Wed	Thu	Fri
<p>This Month: Valentine's Day Tuesday 2/14 President's Day Monday 2/20</p> <p>For Reservations or Information Call (253) 474-1200</p>		<p>1 Beef Macaroni Corn Wheat Roll Melon Chocolate Pudding</p>	<p>2 Chicken, Potato & Pea Salad Carrots Wheat Roll Fruit Cocktail & Lemon Bar</p>	<p>3 Ivar's Clam Chowder Salad Bread Sticks Mixed Berries & Whipped Topping</p>
<p>6 Baked Chicken & Apple Zucchini Linguini Broccoli Wheat Roll Applesauce</p>	<p>7 Black Bean Soup Spinach Salad Roll Baked Apple</p>	<p>8 Shepherd's Pie Garden Salad Fruit Cocktail Roll</p>	<p>9 Sweet & Sour Pork Chinese Chicken Soup White Rice Mandarin Orange Fortune Cookie</p>	<p>10 Fish Burger Spinach Salad Broccoli Orange Wedge Pudding</p>
<p>13 Grilled Turkey Sandwich Salad Mango & Yogurt</p>	<p>14 Broccoli Cheese Fish Corn Chowder Scandinavian Vegetables Roll Plums</p> 	<p>15 Pork BBQ Ribs Scalloped Potatoes Broccoli Wheat Roll Pears</p>	<p>16 Spaghetti & Meatballs Corn Garlic Bread Pears</p>	<p>17 Chicken & Dumpling Salad Vegetable Blend Tropical Fruit Salad</p>
<p>PRESIDENT'S DAY</p> 	<p>21 Philly Cheesesteak Salad Grapes Orange Juice</p>	<p>22 Swedish Meatballs Egg Noodles Mixed Vegetables Apricots</p>	<p>23 Chicken Cacciatore Stewed Zucchini Pears</p>	<p>24 Florentine Fish Red Potatoes Zucchini in Stewed Tomatoes Roll Cherri Crisp</p>
<p>27 Pork Cutlet' Potatoes & Gravy Steamed Vegetables Wheat Roll Apricots</p>	<p>28 Chicken Enchilada In White Sauce Tomato & Cucumber Salad Pears Ice Cream</p>	<p>FEBRUARY HEART AWARENESS MONTH</p> 		 <p>Menu 1 19 Serving Days</p>

Nutrition analysis includes 2% milk. Butter, Salad Dressing & Condiments are optional and increases the fat and/or sodium content of the meal

THIS MENU IS SUBJECT TO CHANGE

Consuming Mishandled Leftover Food May Increase Your Risk of Food Borne Illness. Refrigerate leftovers promptly and reheat thoroughly

KING COUNTY LOCATIONS

Name		Location
Auburn	M - F	808 9th St SE, Auburn
Bellevue	M,Tu,W,F	4063 148th Ave NE, Bellevue
Black Diamond	Tu & Th	31605 3rd Ave, Black Diamond
Des Moines	M - Th	2045 S 216th St, Des Moines
Enumclaw	M - F	1350 Cole St, Enumclaw
Federal Way	F	876 S 333rd St, Federal Way
Issaquah	Tu & F	75 NE Creek Way, Issaquah
Kirkland	M,Tu,W,F	352 Kirkland Ave, Kirkland
Pacific	Tu - F	133 3rd Ave SE, Pacific
Redmond	M - F	8703 160th Ave NE, Redmond
Seatac	Tu - F	13735 24th Ave S, Seatac
Tukwila	Tu	12424 42nd Ave S, Seattle

Catholic Community Services Senior Nutrition Program

5705 Main Street SW
Lakewood WA 98499



For Reservations At
Any King or Pierce
County Meal Site
Call 253-474-1200

PIERCE COUNTY LOCATIONS

Name		Location
African American	Th	1323 S. Yakima, Tacoma
Beacon	M - F	415 S.13th St., Tacoma
Buckley	M,W,F	811 Main St., Buckley
Eatonville	M,W,F	305 West Center St.
Fife	W & F	2111 54th Ave East, Fife
Gig Harbor	M & W	8502 Skansie Ave, G.H.
Japanese	W	14916 SW Washington, Tillicum
Lakewood	M & W	5705 Main St. S.W. Lakewood
Lighthouse	M - F	5016 S. A St., Tacoma
Parkland	M & F	12115 Park Ave. S., Parkland
Portland	Tu & Th	3513 E. Portland Ave.
Puyallup	M,W,F	210 West Pioneer, Puyallup
Ruston	Tu - F	4716 N. Baltimore, Ruston
Steilacoom	Tu,W,F	2301 Worthington, Steilacoom
Sumner	M - F	15506 62nd St. East, Sumner
Tillicum	M & Th	14916 SW Washington, Tillicum
University Place	F	2534 Grandview Dr. W., U. P.

A Service of Catholic Community Services of Western Washington

CCS Lunch meal sites are open 9am to 1:30. Lunch is served at noon

February 2017

Steps you can take to prevent heart disease



Heart disease may be the leading killer of men and women, but that doesn't mean you can't protect yourself. In addition to exercise, being careful about what you eat—and what you don't eat—can help you lower cholesterol, control blood pressure and blood sugar levels, and maintain a healthy weight. If you've already been diagnosed with heart disease or have high cholesterol or blood pressure, a heart-smart diet can help you better manage these conditions, lowering your risk for heart attack.

Improving your diet is an important step toward preventing heart disease, but you may feel unsure where to begin. Take a look at the big picture: your overall eating patterns are more important than obsessing over individual foods. No single food can make you magically healthy, so your goal can be to incorporate a variety of healthy foods cooked in healthy ways into your diet, and make these habits your new lifestyle.

From www.healthguide.org


Eat More

Eat Less

Healthy fats: raw nuts, olive oil, fish oils, flax seeds, or avocados	Trans fats from partially hydrogenated or deep-fried foods; saturated fats from whole-fat dairy or red meat
Nutrients: colorful fruits and vegetables—fresh or frozen, prepared without butter	Packaged foods of any kind, especially those high in sodium
Fiber: cereals, breads, and pasta made from whole grains or legumes	White or egg breads, granola-type cereals, refined pastas or rice
Omega 3 and protein: fish and shellfish, poultry	Red meat, bacon, sausage, fried chicken
Calcium and protein: Egg whites, egg substitutes, skim or 1% milk, low-fat or nonfat cheeses or yogurt	Egg yolks, whole or 2 percent milk, whole milk products like cheese or yogurt

Senior Nutrition Program

February 2017

Mon	Tue	Wed	Thu	Fri
		Beef Macaroni Calories = 870 Carb = 120 Sodium = 770	Chicken, Potato & Pea Salad Calories = 960 Carb = 129 Sodium = 780	Ivar's Clam Chowder Calories = 680 Carb = 90 Sodium = 1250
Baked Chicken & Apple Calories = 650 Carb = 92 Sodium = 360	Black Bean Soup Calories = 670 Carb = 85 Sodium = 990	Shepherd's Pie Calories = 740 Carb = 89 Sodium = 550	Sweet & Sour Pork Calories = 690 Carb = 114 Sodium = 670	Fish Burger Calories = 720 Carb = 111 Sodium = 1200
Grilled Turkey Sandwich Calories = 660 Carb = 51 Sodium = 1250	Broccoli Cheese Fish Calories = 840 Carb = 88 Sodium = 690	Pork BBQ Ribs Calories = 750 Carb = 75 Sodium = 1100	Spaghetti & Meatballs Calories = 680 Carb = 68 Sodium = 1150	Chicken & Dumpling Calories = 690 Carb = 80 Sodium = 1080
HOLIDAY	Philly Cheesesteak Calories = 670 Carb = 80 Sodium = 820	Swedish Meatballs Calories = 910 Carb = 130 Sodium = 890	Chicken Cacciatore Calories = 680 Carb = 99 Sodium = 650	Florentine Fish Calories = 810 Carb = 101 Sodium = 760
Pork Cutlet' Calories = 660 Carb = 76 Sodium = 490	Chicken Enchilada In White Sauce Calories = 690 Carb = 63 Sodium = 1100			