

October



# Senior Nutrition Program



2016



Mon	Tue	Wed	Thu	Fri	
<b>3 Chicken, Potato &amp; Pea Salad</b> Carrots Wheat Roll Fruit Cocktail & Lemon Bar	<b>4 Garbanzo Bean Soup</b> Meatloaf Sandwich Peaches	<b>5 Fish Burger</b> Spinach Salad Broccoli Orange Wedge Pudding	<b>6 Chicken Cacciatore</b> Stewed Zucchini Pears	<b>7 Grilled Hamburger</b> Sweet Potato Fries Claremont Salad Applesauce	
<b>10 Pork Cutlet'</b> Potatoes & Gravy Steamed Vegetables Wheat Roll Apricots	<b>11 Chicken Enchilada In White Sauce</b> Tomato & Cucumber Salad Pears Ice Cream	<b>12 Beef Macaroni</b> Corn Wheat Roll Melon Chocolate Pudding	<b>13 Philly Cheesesteak</b> Salad Grapes Orange Juice	<b>14 Ivar's Clam Chowder</b> Salad Bread Sticks Mixed Berries & Whipped Topping	
<b>17 Spaghetti &amp; Meatballs</b> Corn Garlic Bread Pears	<b>18 Grilled Turkey Sandwich</b> Salad Mango & Yogurt	<b>19 Black Bean Soup</b> Spinach Salad Roll Baked Apple	<b>20 Florentine Fish</b> Red Potatoes Zucchini in Stewed Tomatoes Roll Cherri Crisp	<b>21 Chicken &amp; Dumpling</b> Salad Vegetable Blend Tropical Fruit Salad	
<b>24 Sweet &amp; Sour Pork</b> Chinese Chicken Soup White Rice Mandarin Orange Fortune Cookie	<b>25 Baked Chicken &amp; Apple</b> Zucchini Linguini Broccoli Wheat Roll Applesauce	<b>26 Shepherd's Pie</b> Garden Salad Fruit Cocktail Roll	<b>27 Pork BBQ Ribs</b> Scalloped Potatoes Broccoli Wheat Roll Pears	<b>28 Swedish Meatballs</b> Egg Noodles Mixed Vegetables Apricots	
<b>31 Split Pea Soup</b> Wheat Roll Mixed Vegetables Streusel Cake Apple					Menu 1 21 Serving Days 

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

**This Menu is subject to change**

Consuming Mishandled Leftover Food May Increase Your Risk of Food Borne Illness.

**For Reservations or Information**  
**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
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.

**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

October 2016



CCS Lunch Meal Sites are  
Open 9am to 1:30  
Lunch is served at noon.  
For Reservations at any  
King or Pierce County  
Meal Site, Call  
253-474-1200

## Keeping a Food Journal

Writing down what you eat helps you take a critical look at your food habits and make healthy changes. Here are some tips.

**Write down what you eat on three weekdays and one weekend day, using the following guidelines:**

- Record everything you eat and drink immediately.
- Note what you're doing while you're eating—driving, watching TV, etc.
- Describe how you felt while you ate: angry, sad, happy, nervous, starving, bored?
- Be honest. It's a journal, not a newsletter, and no one has to see it but you.
- At the end of each day, examine how your emotions affected your eating.

**Every day, try to make sure that you're getting at least:**

- 9 servings of whole-grain cereal, rice, or pasta (1/2 cup) or bread (1 slice).
- 5 servings of fruits and vegetables (1/2 cup).
- 3 servings of low-fat milk, yogurt, or cottage cheese (1 cup).
- 8 ounces of lean meat, poultry, or fish or a nonmeat equivalent (1 ounce of meat = 1 egg, 1/2 cup beans, or 2 to 3 ounces of tofu).



# Senior Nutrition Program

# October 2016



Mon	Tue	Wed	Thu	Fri
<b>Chicken, Potato &amp; Pea Salad</b>  Calories = 960 Carb = 129 Sodium = 780	<b>Garbanzo Bean Soup</b>  Calories = 680 Carb = 82 Sodium = 1190	<b>Fish Burger</b>  Calories = 720 Carb = 111 Sodium = 1200	<b>Chicken Cacciatore</b>  Calories = 680 Carb = 99 Sodium = 650	<b>Grilled Hamburger</b>  Calories = 850 Carb = 93 Sodium = 750
<b>Pork Cutlet'</b>  Calories = 660 Carb = 76 Sodium = 490	<b>Chicken Enchilada In White Sauce</b> Calories = 690 Carb = 63 Sodium = 1100	<b>Beef Macaroni</b>  Calories = 870 Carb = 120 Sodium = 770	<b>Philly Cheesesteak</b>  Calories = 670 Carb = 80 Sodium = 820	<b>Ivar's Clam Chowder</b>  Calories = 680 Carb = 90 Sodium = 1250
<b>Spaghetti &amp; Meatballs</b>  Calories = 680 Carb = 68 Sodium = 1150	<b>Grilled Turkey Sandwich</b>  Calories = 660 Carb = 51 Sodium = 1250	<b>Black Bean Soup</b>  Calories = 670 Carb = 85 Sodium = 990	<b>Florentine Fish</b>  Calories = 810 Carb = 101 Sodium = 760	<b>Chicken &amp; Dumpling</b>  Calories = 690 Carb = 80 Sodium = 1080
<b>Sweet &amp; Sour Pork</b>  Calories = 690 Carb = 114 Sodium = 670	<b>Baked Chicken &amp; Apple</b>  Calories = 650 Carb = 92 Sodium = 360	<b>Shepherd's Pie</b>  Calories = 740 Carb = 89 Sodium = 550	<b>Pork BBQ Ribs</b>  Calories = 750 Carb = 75 Sodium = 1100	<b>Swedish Meatballs</b>  Calories = 910 Carb = 130 Sodium = 890
<b>Split Pea Soup</b>  Calories = 640 Carb = 103 Sodium = 930				

**For reservations, call (253) 474-1200.**

Nutrition analysis includes 1% milk. (Butter is optional and increases the fat content of the menu.) This Menu is subject to change. Consuming raw or undercooked eggs, meat, seafood, and un-pasteurized milk and juices may increase your risk of food borne illness.