

Our menus include a variety of foods to provide you with well-balanced meals, which are lower in fat and sodium and offer the choice of a diabetic friendly dessert.

Mushrooms Offer Meal Variety

Mushrooms are versatile and nutritious ingredient to add to your diet. Rich in B-vitamins and trace minerals, they help release energy from other foods and are an excellent accompaniment or main staple within your meal rotation. They also are an excellent source of potassium, which helps regulate blood pressure.

As a Meat Replacement

Mushrooms are a low-calorie, low-fat option that can imitate the flavor and texture of meat in some meals, which can help you maintain a healthy weight. Studies show that mushrooms also offer antioxidants to protect against certain types of cancer and chronic disease.

Ways to Enjoy Mushrooms

There are over 2,000 varieties of edible mushrooms that are versatile across many types of cuisine. Find them in Asian and Italian meals, and even on the grill at home. Here are some ideas to incorporate them into your routine:

- Try porcini mushrooms which have a nutty flavor in creamy pastas and risotto.
- Skewer mushrooms with your favorite vegetables and grill the kabobs for a light and easy meal.
- Sprinkle sliced mushrooms on a pizza or add a serving at breakfast in an omelet.
- Add mild white button mushrooms to soups and salads.
- Marinate and grill a portobello mushroom cap and serve on a bun like a burger. Or chop and mix them with ground beef to lighten the calories and fat of a traditional burger.



Dining Centers & Days of Service Call for Lunch Reservations

LINN COUNTY

Albany Senior Center

Monday - Friday (541) 967-7647

Brownsville Christian Church

Tues. & Thurs. (541) 466-5015

Lebanon Senior Center

Monday - Friday (541) 451-1139

Mill City, First Presbyterian

Tues. & Thurs. (503) 897-2204

Sweet Home Community Center

Mon., Tues., Fri (541) 367-8843

BENTON COUNTY

Corvallis Senior Center

Monday - Friday (541) 753-1022

LINCOLN COUNTY

Lincoln City Community Center

Mon., Wed., Fri. (541) 994-7731

Newport Senior Center

Mon., Wed., Fri. (541) 574-0669

Siletz, Tribal Community Center

Mon. & Wed. (541) 270-6853

Toledo, Trinity United Methodist

Friday (541) 270-7416

Waldport, South County Sr. Center

Mon., Wed., Fri (541) 563-8796