

# July

## OREGON CASCADES WEST MEALS ON WHEELS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>ALLERGEN DISCLAIMER:</b> Meals prepared in this kitchen may contain or come into contact with tree nuts, sesame, peanuts, soy, eggs, milk, fish, crustacean shellfish, wheat, and gluten-containing products. Despite precautions, cross-contact may occur. We cannot guarantee meals are allergen-free. Please inform a team member if you have a food allergy.</p>	<p>Suggested Donation: \$3.50 per Meal. Milk Served with Meals. <b>WE ACCEPT THE OREGON TRAIL CARD.</b></p>			
	<p><i>New!</i> New Menu Item Vegetarian Item Meal over 1,000 mg of Sodium</p>	<p><b>1</b> ✓ Broccoli Strata Pork Sausage Patty w/ Cheese Diced Potatoes California Vegetables Biscuit Applesauce</p>	<p><b>2 Independence Day Special</b> Hamburger w/ Campfire Sauce BBQ Pulled Chicken Baked Beans Creamy Coleslaw WG Hamburger Bun Gelatin w/ Whipped Topping</p>	<p><b>3</b> <i>Closed</i></p>
<p><b>6</b> <i>Around the World</i> <i>New!</i> (Chicken) Pollo a la Crema Beef Spanish Rice Broccoli Black Bean and Corn Salad Onion Roll Spiced Peaches</p>	<p><b>7</b> Beef Chili w/Beans Chicken Penne Pasta Spinach Bayou Slaw Cornbread Fresh Apple</p>	<p><b>8</b> Homestyle Turkey Patty w/ Poultry Gravy Baked Fish w/Lemon Rosemary Sauce Diced Red Potatoes San Francisco Vegetables French Bread Fresh Orange</p>	<p><b>9</b> Tuna Salad Half Sandwich Ham &amp; Swiss Cheese Half Sandwich Shredded Lettuce Lentil Soup Carrot Raisin Salad Whole Wheat Bread Tropical Fruit</p>	<p><b>10</b> Ground Beef Stew Cheesy Vegetarian Bake Mixed Vegetables Marinated Corn Salad Multigrain Roll Seasonal Fruit</p>
<p><b>13</b> Pineapple Chicken Homestyle Pork Patty w/ Pork Gravy Oven Roasted Potatoes Glazed Carrots Cracked Wheat Bread Fresh Apple</p>	<p><b>14</b> Spaghetti &amp; Meat Sauce Chicken Piccata Green Beans Spinach Romaine Salad Garlic Roll Seasonal Fruit</p>	<p><b>15</b> Cottage Cheese <i>New!</i> Chicken Deluxe (bacon) Salad over Spinach Romaine Pickled Beets Wheat Roll Tropical Fruit</p>	<p><b>16</b> Chicken Spanish Rice Tuna Noodle Bake California Vegetables Kidney Bean Salad Oat Bran Wheat Roll Fresh Orange</p>	<p><b>17</b> BBQ Hamburger <i>New!</i> Black Bean Burger Baked Beans Coleslaw Hamburger Bun Seasonal Fresh Fruit</p>
<p><b>20</b> Turkey Rice Bake Cheese Lasagna Roll w/ Alfredo Sauce Stewed Tomatoes Apple Cranberry Coleslaw Seven Grain Roll Tropical Fruit</p>	<p><b>21</b> <i>Around the World</i> Orange Glazed Chicken <i>New!</i> Kofta Meatballs Brown Rice Sesame Green Beans Carrot Mandarin Salad Fortune Cookie</p>	<p><b>22</b> Country Meatballs Herbed Chicken Patty w/ Country Gravy Whipped Potatoes Spinach Onion Roll Fresh Orange</p>	<p><b>23</b> Chicken w/ Dijon Mustard Sauce Breaded Fish w/ Tartar Sauce Delmonico Potatoes Mixed Vegetables Rye Bran Bread Fresh Apple</p>	<p><b>24</b> Chicken Fajita Bowl Turkey Tetrazzini Fiesta Vegetables Cilantro Coleslaw Oat Bran Wheat Roll Pineapple Tidbits</p>
<p><b>27</b> Mozzarella Chicken Pizza Pasta Bake (pork) Broccoli and Cauliflower Garbanzo Bean Salad French Roll Seasonal Fruit</p>	<p><b>28</b> Shoyu Chicken BBQ Pork Rib Patty Garlic Whipped Potatoes Mixed Vegetables Honey Wheat Bread Peaches</p>	<p><b>29</b> Cheese Omelet w/ Salsa Pork Sausage Gravy Red Potatoes Broccoli Biscuit Cinnamon Applesauce</p>	<p><b>30</b> Sloppy Joe BBQ (diced) Chicken Sandwich Green Peas Carrot &amp; Pineapple Salad WG Hamburger Bun Fresh Apple</p>	<p><b>31</b> Pasta Primavera Sweet &amp; Sour Pork Brown Rice Mixed Vegetables Pineapple Slaw Seven Grain Bread Tropical Fruit</p>