

August

OREGON CASCADES WEST MEALS ON WHEELS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chili Macaroni <i>Southwest Omelet Bake</i> Sliced Carrots Cucumber & Red Onion Salad Rye Bran Roll Fresh Orange	4 Western Country Beef w/ Country Gravy <i>Herbed Chicken Patty</i> w/ Creole Sauce Lyonnaise Potatoes California Vegetables Oat Bran Bread Pineapple Tidbits	5 Dog Days of Summer Turkey Hot Dog Bratwurst w/ Sauerkraut Baked Beans Potato Salad Hot Dog Bun Lemon Pudding with Fresh Blueberries	6 Beef Soft Taco <i>Chicken Fajitas</i> Shredded Cheese <i>New!</i> Repollo Slaw (Cabbage and Lime) Pinto Beans Flour Tortilla Mandarin Oranges	7 <i>Macaroni & Cheese</i> <i>White Bean Chicken Chili</i> Peas & Carrots Broccoli Ranch Salad Squash Bread Fresh Apple
10 Ground Beef Stew <i>Cheesy Vegetarian Bake</i> Mixed Vegetables Marinated Corn Salad Multigrain Roll Mandarin Oranges	11 Beef Chili w/Beans <i>Chicken Penne Pasta</i> Spinach Bayou Slaw Cornbread Fresh Apple	12 Homestyle Turkey Patty w/Poultry Gravy <i>Baked Fish</i> w/ <i>Lemon Rosemary Sauce</i> Diced Red Potatoes San Francisco Vegetables French Bread Frosted Chocolate Cake (Birthday)	13 Around the World <i>New!</i> (Chicken) Pollo a la Crema Thigh <i>Beef Spanish Rice</i> Broccoli Black Bean and Corn Salad Onion Roll Spiced Peaches	14 Tuna Salad Half Sandwich <i>Ham & Swiss Cheese</i> <i>Half Sandwich</i> Lentil Soup Carrot Raisin Salad Whole Wheat Bread Tropical Fruit
17 Pineapple Chicken <i>Homestyle Pork Patty</i> w/ <i>Pork Gravy</i> Oven Roasted Potatoes Glazed Carrots Cracked Wheat Bread Fresh Apple	18 BBQ Hamburger <i>New!</i> Black Bean Burger Shredded Lettuce Baked Beans Coleslaw Hamburger Bun Seasonal Fresh Fruit	19 Spaghetti & Meat Sauce <i>Chicken Piccata</i> Green Beans Spinach Romaine Salad Garlic Roll Seasonal Fruit	20 Cottage Cheese <i>New!</i> <i>Chicken Deluxe (bacon)</i> <i>Salad</i> over Spinach Romaine Pickled Beets Wheat Roll Peaches & Pineapples	21 Chicken Spanish Rice <i>Tuna Noodle Bake</i> California Vegetables Kidney Bean Salad Oat Bran Wheat Roll Fresh Orange
24 Chicken Fajita Bowl <i>Turkey Tetrizzini</i> Fiesta Vegetables Cilantro Coleslaw Oat Bran Wheat Roll Pineapple Tidbits	25 Turkey Rice Bake <i>Cheese Lasagna Roll</i> w/ <i>Alfredo Sauce</i> Stewed Tomatoes Apple Cranberry Coleslaw Seven Grain Roll Tropical Fruit	26 Around the World Orange Glazed Chicken <i>New!</i> Kofta Meatballs Brown Rice Sesame Green Beans Carrot Mandarin Salad Fortune Cookie	27 Country Meatballs <i>Herbed Chicken Patty</i> w/ <i>Country Gravy</i> Whipped Potatoes Spinach Onion Roll Fresh Orange	28 Chicken w/ Dijon Mustard Sauce <i>Breaded Fish</i> w/ <i>Tartar Sauce</i> Delmonico Potatoes Mixed Vegetables Rye Bran Bread Fresh Apple
31 Pasta Primavera <i>Sweet & Sour Pork</i> <i>Brown Rice</i> Mixed Vegetables Pineapple Slaw Seven Grain Bread Tropical Fruit	Suggested Donation: \$3.50 per Meal. Milk Served with Meals. WE ACCEPT THE OREGON TRAIL CARD.	ALLERGEN DISCLAIMER: 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.		<i>New!</i> New Menu Item Vegetarian Item Meal over 1,000 mg of Sodium