



OREGON CASCADES WEST MEALS ON WHEELS

June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Chicken Tortilla Soup <i>Ground Beef Stew</i> Romaine Iceberg Salad Spinach Rye Bran Roll Fresh Apple Slices	Turkey Rice Bake <i>Beef Kettle Lasagna</i> Winter Vegetables Carrot Pineapple Salad Sunflower Roll Applesauce	Swiss Style Beef Patty w/ Gravy <i>Southwestern Spice Chicken</i> Diced Potatoes Carrots Squash Bread Peaches	Chicken Caesar Salad <i>Cottage Cheese</i> over Greens <i>Split Pea Soup</i> Multigrain Roll Tropical Fruit	Beef Stroganoff <i>Vegetarian Meatballs</i> w/ <i>Marinara Sauce</i> Penne Pasta California Vegetables Carrot Pepper Coleslaw Garlic Roll Fresh Orange
8	9	10	11	12
<i>Beef Chili w/Beans</i> <i>Vegetarian Chili</i> Diced Potatoes Broccoli Cornbread Mandarin Oranges	<i>Chicken Sausage Jambalaya</i> <i>Southwest Pasta</i> Collard Greens Carrot Raisin Salad French Roll Fresh Orange	Beef Soft Taco <i>Chicken Soft Taco</i> Shredded Lettuce & Pinto Beans Chuckwagon Corn Tortilla Frosted Red Devil Cake (Birthday)	Orange Glazed Chicken <i>Teriyaki Meatballs w/ Sauce</i> Brown Rice Peas and Carrots Romaine Iceberg Salad Pineapple Tidbits	Chicken Pot Pie <i>Turkey a la King</i> Green Beans Creamy Coleslaw Biscuit Fresh Apple Slices
15	16	17	18	19
<i>Macaroni & Cheese</i> <i>Farmer's Chicken Stew</i> Stewed Tomatoes Garlic Spinach Rye Bran Roll Pears	<i>Garden Turkey Mini Salad</i> <i>BBQ Chicken Mini Salad</i> Over Greens Pickled Beets Herb Roll Tropical Fruit	Around the World <i>New!</i> Mongolian Chicken <i>New!</i> Sweet & Sour Meatballs Brown Rice Kyoto Vegetables Ginger Carrots Fresh Banana	Father's Day Special Salisbury Steak <i>New!</i> w/ Balsamic Onion Sauce <i>BBQ Chicken Patty</i> Scalloped Potatoes California Vegetables Cracked Wheat Bread Poke n' Pour Cake	Closed
22	23	24	25	26
Around the World Baked Chicken <i>New!</i> w/ Mediterranean Sauce <i>Breaded Fish</i> w/ <i>Tartar Sauce</i> Orzo Lemon Pasta Broccoli Tomato, Cucumber, Feta Salad Blushing Pears	Sloppy Joe <i>New!</i> <i>Buffalo Ranch</i> <i>Chicken Sandwich</i> Baked Beans California Vegetables WG Hamburger Bun Fresh Orange	<i>New!</i> Yogurt Dill Turkey Salad <i>Egg Salad Half Sandwich</i> Lentil Soup Kidney Bean Salad Wheat Bread Pineapple Tidbits	Butter Chicken <i>Kalua Pork</i> w/ <i>Teriyaki Sauce</i> Jasmine Rice Sesame Green Beans Carrot Mandarin Salad Fresh Apple Slices	<i>Chicken Parmesan Sandwich</i> <i>New!</i> <i>Vegetarian Sloppy Joe</i> Brussels Sprouts Marinated Zucchini Salad Hamburger Bun Spiced Peaches (warm)
29	30	ALLERGEN DISCLAIMER:		Suggested Donation: \$3.50 per Meal.
Baked Chicken w/ Alfredo Basil Sauce <i>Potato Crusted Fish</i> w/ <i>Lemon Caper Sauce</i> Orzo Pasta (Hot) Club Spinach Pineapple Slaw Focaccia Bread Fresh Pear	<i>Chicken Breast</i> w/ Peanut Sauce <i>Sesame Diced Pork</i> Brown Rice Broccoli and Carrots Sesame Coleslaw Mandarin Oranges	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.		WE ACCEPT THE OREGON TRAIL CARD.
				<i>New!</i> New Menu Item Vegetarian Item Meal over 1,000 mg of Sodium