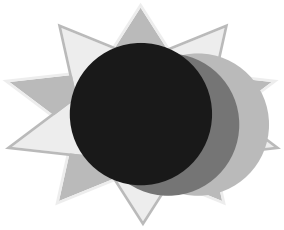
Approved as presented BC 6/16/2017

Oregon Cascades West

August 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	♥ **Hearty Chicken Stew** **or Beef Chili w/Beans** Whole Kernel Corn Garden Vegetable Salad Cornmeal Roll Banana Chocolate Chip Bar **1**	♥ **Chicken Alfredo Pasta** **or Cheese & Grn Chile Bk** Broccoli Cuts Carrot Pineapple Salad Oat Bran Roll Seasonal Fruit **2**	♥ **Chicken Lo Mein** **or Ground Beef Stew** Cut Green Beans Country Coleslaw Seven Grain Roll Yellow Cake w/ Chocolate Frosting **3**	♥ **Turkey Pasta Salad or** **Curried Chicken & Rice** on Spinach Romaine Potato Onion Soup Wheat Dinner Roll Chilled Peaches **4**
♥ **Roast Turkey w/Gravy** **or BBQ Smokehouse Chop** Lyonnaise Potatoes Broccoli Cuts Wheat Bran Bread Cinnamon Applesauce **7**	♥ **Roast Pork w/Gray or** **Turkey Patty w/Gravy** Whipped Potatoes w/Gravy Capri Blend Vegetables Multigrain Bread Lime Gelatin Jewels w/Whipped Topping **8**	♥ **Beef Spanish Rice** **or Chicken Tetrazzini** Cut Green Beans Romaine Iceberg Salad Oatmeal Roll Melon Cup **9**	♥ **Chef Mini Salad or** **Asian Chicken Mini Salad** on Spinach Romaine Chunky Tomato Rice Soup Cracked Wheat Roll Pineapple **10**	♥ **Mexican Chicken Pasta** **or Ground Beef & Potatoes** Green Peas Garden Vegetable Salad Herbed Roll Homestyle Chocolate Pudding **11**
♥ **Beef Mushroom Patty** **or Chicken Patty w/Gravy** Delmonico Potatoes Country Trio Vegetables Multigrain Bread Zucchini Brownie **14**	♥ **Spaghetti w/Meat Sauce** **or Spinach Cheese Strata** Mixed Vegetables Tossed Salad French Roll Mandarin Pineapple Cup **15**	♥ **Pork Choppie w/Gravy** **or Turkey Loaf w/Gravy** Whipped Sweet Potatoes Scandinavian Blend Vegt Bran Rye Bread Rice Pudding **16**	♥ **Beef Chili Frito Pie or** **BBQ Pork Sandwich w/Bun** Whole Kernel Corn Creamy Coleslaw Ice Cream Cup **17**	♥ **Trky Salad Sndwch Half** **or Tuna Salad Sndwch Half** on Wheat Bread Split Pea Soup Broccoli Raisin Salad Chilled Pears **18**
Closed for Eclipse Event  **21**	♥ **White Chicken Chili** **or Macaroni & Cheese** Seasoned Carrots Marinated Zucchini Salad Oat Bran Roll Watermelon **22**	♥ **Turkey a la King or** **Beef w/Peppers & Onions** Whipped Potatoes Green Peas Herb Bread Cherry Whip **23**	**Brunch Lunch** ♥ **Southwest Omelet Bake** **or Pork Sausage Gravy** Buttermilk Biscuit Roasted Red Potatoes Mandarin Pineapple Cup Apple Streusel Cake **24**	♥ **Chicken Pastina or** **Beef Cabbage Bake** Cut Green Beans Spinach Romaine Salad Sunflower Seed Roll Chocolate Mint Pudding **25**
♥ **Orange Glazed Chicken** **or Beef Liver & Onions** Whipped Potatoes Green Peas Multigrain Bread Peaches **28**	♥ **Western Beef Goulash** **or Chicken Rice Bake** Mixed Vegetables Spinach Romaine Salad Wheat Dinner Roll Lemon Whip **29**	♥ **Scallpd Potatoes/Tky Ham** **or Beef Shepherd's Pie** Broccoli Tossed Salad Herb Roll Rhubarb Applesauce **30**	♥ **Salisbury Patty or** **Brd Bkd Fish w/Tartar Sc** Sour Cream/Chive Potatoes Mixed Vegetables Seven Grain Bread Chocolate Chip Bar **31**	**Suggested Donation:** **$3.50 per meal** **1% Milk served** **with all meals** --- ***We accept the Oregon Trail Card***