

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OREGON CASCADES WEST NOVEMBER 2017	Suggested Donation: \$3.50 per meal 1% Milk served with all meals ----- <i>WE ACCEPT THE OREGON TRAIL CARD</i>	♥ Pasta Primavera or Scalloped Potatoes & Turkey Ham Cut Green Beans Pineapple Slaw Oat Bran Roll Lemon Pudding 1	♥ Braised Beef Tips or Creamed Chicken & Vegt Whipped Potatoes Spinach Seven Grain Bread Chocolate Ice Cream Cup 2	♥ Tuna Pasta Salad or Curried Chkn & Rice Salad Spinach Romaine Lentil Soup Potato Wheat Roll Mandarin Pineapple Cup 3
♥ Vegetarian Chili or <u>Chicken Lo Mein</u> Green Peas Spinach Romaine Salad Onion Roll Gelatin Jewels w/Whip Top 6	♥ Breaded Baked Fish w/Tartar Sauce or <u>Chicken Patty w/Dijon Sc</u> Lyonnaise Potatoes Broccoli Multigrain Bread Apple Crisp 7	♥ Hot Turkey Sandwich or <u>Hot Meatloaf Sandwich</u> on Wheat Bread Whipped Potatoes w/Gravy Harvard Beets Fresh Orange 8	<u>Veteran's Day</u> ♥ Hamburger or <u>Hot Dog</u> on a Bun Whole Kernel Corn Creamy Coleslaw Yellow Cake w/Choc Frost 9	<u>Closed for the Holiday</u>  10
♥ Pork Choppie w/Gravy or <u>Chicken Supreme</u> Delmonico Potatoes Broccoli Herb Bread Peanut Butter Bar 13	♥ Chicken & Dumplings or <u>Spaghetti w/Meat Sauce & Garlic Roll</u> Cut Green Beans Marinated Broccoli Salad Cinnamon Applesauce 14	♥ Chkn Salad Sndwch Half or <u>Tuna Salad Sndwch Half</u> on Wheat Bread Popeye Potato Soup Pineapple Slaw Peaches 15	♥ Black Bean & Beef Chili or <u>Macaroni & Cheese</u> Parslied Carrots Tossed Salad Cracked Wheat Roll Lime Whip 16	♥ Bavarian Beef Stew or <u>Chicken & Penne Pasta</u> Oregon Bean Medley Spinach Romaine Salad Whole Wheat Roll Chocolate Caramel Pudding 17
♥ Turkey Apple Meatballs or <u>Beef Patty w/Gravy</u> Colcannon Potatoes Cut Green Beans Oatmeal Bread Pineapple 20	♥ Rst Turkey w/Gravy or <u>Salisbury Patty w/Gravy</u> Whipped Potatoes Mixed Vegetables Bread Dressing w/Gravy Cranberry Sauce Pumpkin Custard/Whip Top 21	♥ Bkd Ham w/Orange Glz or <u>Roast Turkey w/Gravy</u> Whipped Sweet Potatoes Peas & Onions Wheat Roll Cranberry Sauce Pumpkin Bar 22	 23 24	
♥ Chicken Tetrzzini or <u>Ground Beef Stew</u> Green Peas Pickled Beets Whole Wheat Roll Spiced Pears 27	♥ Southwest Omelet Bake or <u>Baked Beef Rigatoni</u> Country Trio Vegetables Spinach Romaine Salad Herb Roll Banana Pudding 28	♥ Oriental Shoyu Chicken or <u>Country Meatballs</u> Garden Vegetable Rice Broccoli Romaine Iceberg Salad Mandarin Pineapple Cup 29	♥ Chicken Pastina or <u>Cowboy Campfire Stew</u> Capri Blend Vegetables Creamy Coleslaw Whole Wheat Roll Peaches 30	