



# Oregon Cascades West Meals on Wheels

July 2020



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Suggested Donation: \$3.50 per Meal</p> <p>1% Milk Served w/All Meals</p> <p>WE ACCEPT THE OREGON TRAIL CARD</p>		<p><b>1</b></p> <p><b>Sweet &amp; Sour Pork over Brown Rice Macaroni &amp; Cheese</b> Green Beans w/ Red Peppers Carrot Mandarin Salad Herb Roll Gelatin Jewels w/Whipped Topping</p>	<p><b>2 Independence Day</b></p> <p><b>Kielbasa Sausage Sauerkraut/Yellow Mustard BBQ DC Chicken Sandwich on Bun</b> Chuckwagon Corn Creamy Coleslaw Apple Cobbler w/Blueberry Topping</p>	<p><b>3</b></p> <p>Independence Day Holiday</p>
	<p><b>6</b></p> <p><b>Turkey Tetrazzini Beef &amp; Black Bean Chili</b> Italian Blend Vegetables Spinach Romaine Salad White Dinner Roll Sherbet</p>	<p><b>7</b></p> <p><b>Creamed Chicken &amp; Vegetables Beef Mushroom Patty w/Mushroom Gravy</b> Garlic Whipped Potatoes Mixed Vegetables Seven Grain Bread Pineapple Tidbits</p>	<p><b>8</b></p> <p><b>Herbed Chicken Patty w/Poultry Gravy Liver &amp; Onions w/ Gravy</b> Delmonico Potatoes Broccoli Onion Bread Peanut Butter Bar</p>	<p><b>9</b></p> <p><b>Teriyaki Meatballs w/Sauce Breaded Fish w/Tartar Sauce</b> Brown Rice Peas &amp; Carrots Pineapple Coleslaw Seasonal Fresh Fruit (Watermelon)</p>
<p><b>13</b></p> <p><b>Turkey Apple Meatballs Cider Glaze Roast Pork w/Mustard Sc</b> Whipped Sweet Potatoes Lima Beans Squash Roll Hermit Bar</p>	<p><b>14</b></p> <p><b>Cowboy Campfire Stew Cheese &amp; Green Chile Bake</b> Mexicali-Corn Tossed Salad Potato Wheat Roll Lime Gelatin w/Whipped Topping</p>	<p><b>15</b></p> <p><b>Homestyle Turkey Patty w/Gravy BBQ Smokehouse Chop Sour Cream &amp; Chive Potatoes</b> Spinach Romaine Salad Herb French Roll Pear-Blueberry Crisp</p>	<p><b>16</b></p> <p><b>Ham &amp; Swiss Sandwich Half Shaved Turkey Sand Half</b> w/Dijonnaise Sc Lentil Soup Marinated Broccoli Salad Wheat Bread Applesauce</p>	<p><b>17</b></p> <p><b>Beef Sloppy Joe Herbed Chicken Patty w/Dijonnaise Sc on Bun</b> Baked Beans Potato Salad Snickerdoodle Bar</p>
<p><b>20</b></p> <p><b>Lasagna Cheese Roll Up Western Pork Stew</b> Capri Blend Vegetables Marinated Zucchini Salad Whole Wheat Roll Mandarin Oranges</p>	<p><b>21</b></p> <p><b>Beef Spanish Rice Bake Chicken Penne Pasta</b> Herbed Carrots Garden Vegetable Salad Herb Roll Carrot Cake</p>	<p><b>22</b></p> <p><b>Garden Chicken Mini Salad Turkey Club Mini Salad over Spinach Romaine</b> Potato Chowder Whole Wheat Roll Golden Fruit Cup</p>	<p><b>23</b></p> <p><b>Southwest Omelet Bake Garlic Chicken</b> Parsley Potatoes Sicilian Blend Vegetables Cornmeal Bread Vanilla Pudding</p>	<p><b>24 Friendsgiving Special</b></p> <p><b>Roasted Turkey w/Gravy Homestyle Pork Patty w/Gravy</b> Whipped Potatoes Green Beans Squash Bread Lemon Blondie Cranberry Sauce</p>
<p><b>27</b></p> <p><b>Chicken Fettuccine Stuffed Green Pepper w/Beef</b> Whole Kernel Corn Carrot Raisin Salad Whole Wheat Roll Apple Crisp</p>	<p><b>28</b></p> <p><b>Ham &amp; Cheese Mini Salad Garden Turkey Mini Salad over Spinach Romaine</b> Chicken Tortilla Soup Sunflower Seed Roll Peaches</p>	<p><b>29</b></p> <p><b>Mexican Pasta Bake Vegetable Strata Broccoli</b> Glazed Carrots Marinated Vegetable Salad Seven Grain Roll Seasonal Fresh Fruit</p>	<p><b>30</b></p> <p><b>Turkey Divan Casserole Baked Beef Rigatoni</b> Peas &amp; Onions Apple Cranberry Coleslaw White Roll Orange Whip</p>	<p><b>31</b></p> <p><b>King Ranch Chicken Bake Lima Beans &amp; Turkey Ham</b> Broccoli Spinach Romaine Salad Cornmeal Roll Banana Chocolate Chip Bar</p>