

Oregon Cascades West Meals on Wheels | August 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Hearty Chicken Stew Scalloped Potatoes and Turkey Ham Brussel Sprouts Cucumber & Red Onion Salad Whole Wheat Roll Spiced Apples	3 White Bean Chicken Chili Creamy Pasta w/Vegetables Mixed Vegetables Spinach Romaine Salad Cracked Wheat Roll Key Lime Bar	4 Beef Spanish Rice Bake Chicken Lo Mein Green Beans Marinated Zucchini Salad Oat Bran Roll Caramel Apple Pudding	5 Chef Salad Asian Chicken Salad over Spinach Romaine Beef & Barley Soup Multigrain Roll Fresh Watermelon	6 Western Day Hamburger w/BBQ Sauce BBQ Smokehouse Chop Baked Beans Chuckwagon Corn Hamburger Bun Pineapple Peach Crisp
9 Herbed Chicken Patty w/Gravy Roast Pork w/Gravy Colcannon Potatoes Country Trio Vegetables French Bread Hermit Bar	10 Chicken w/Peanut Sauce/Br. Rice Spaghetti w/Meat Sauce Winter Blend Vegetables Creamy Coleslaw Herb Roll Golden Fruit Cup	11 Three Cheese Lasagna Ground Beef Stew Whole Kernel Corn Spinach Romaine Salad Dill Roll Ice Cream Cup	12 Meatloaf w/Gravy Pork Choppie w/Gravy Whipped Potatoes Scandinavian Blend Vegetables Rye Bran Bread Zucchini Brownie	13 Turkey Salad Half Sand Tuna Salad Half Sand Green Split Pea Soup Broccoli Raisin Salad Whole Wheat Bread Pears
16 Sweet & Sour Chicken/Br. Rice Cheesy Beefy Strata Broccoli Tossed Salad Whole Wheat Roll Spiced Peaches	17 HS Turkey Patty w/Gravy Sliced Ham w/Raisin Sauce Whipped Sweet Potatoes Italian Blend Vegetables Cracked Wheat Bread Gelatin Jewels w/Whipped Topping	18 Turkey ala King Beef Patty w/Onion & Pepper Gravy Whipped Potatoes Mixed Vegetables Whole Wheat Bread Fresh Orange	19 Brunch for Lunch Southwest Omelet Bake Pork Sausage Gravy Red Diced Potatoes Pears Biscuit Apple Streusel Cake	20 Chicken Pomodoro Beef & Cabbage Bake Capri Blend Vegetables Spinach Salad Herb Roll Vanilla Pudding
23 Orange Glazed Chicken HS Pork Patty w/Gravy Chantilly Potatoes Green Peas Raisin Bread Spiced Apples	24 Chicken Rice Bake Vegetable Lasagna (Zucchini) Succotash Spinach Romaine Salad Whole Wheat Roll Cranberry Fluff	25 Roasted Turkey w/Gravy Western Breaded Beef Steak w/Gravy Lyonnais Potatoes Cabbage & Carrots Seven Grain Bread Carrot & Zucchini Cake w/Frosting	26 Chicken Salad Half Sand Egg Salad Half Sand Lentil Potato Soup Apple Cranberry Coleslaw Whole Wheat Bread Mandarin Oranges	27 Salisbury Steak/Gravy Breaded Fish w/Tartar Sauce Delmonico Potatoes Mixed Vegetables Dill Bread Butterscotch Bar
30 Beef Tamale Pie Chicken Pastina Fiesta Blend Vegetables Carrot Pineapple Salad White Dinner Roll Rocky Road Pudding	31 Chicken Chop Suey w/Br. Rice Vegetables Romanoff Capri Blend Vegetables Marinated Vegetable Salad Multigrain Roll Pineapple Tidbits	Suggested Donation: \$3.50 per Meal 1% Milk Served w/All Meals WE ACCEPT THE OREGON TRAIL CARD .	ALLERGEN DISCLAIMER: Our production kitchen uses the following products in meal preparation: tree nuts, peanuts, soy, eggs, milk, fish, shellfish, wheat, and products containing gluten. We cannot guarantee that all menu items are free of allergens. We use shared equipment and handle common allergens throughout the supply chain.	