

# Oregon Cascades West Meals on Wheels | July 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested Donation: \$3.50 per Meal 1% Milk Served w/All Meals WE ACCEPT THE OREGON TRAIL CARD .</p>	<p><b>ALLERGEN DISCLAIMER:</b> 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.</p>		<p><b>1</b> Turkey Tetrazzini Beef &amp; Black Bean Chili Italian Blend Vegetables Spinach Romaine Salad Seven Grain Roll Sherbet</p>	<p><b>2 Independence Day Special</b> BBQ DC Chicken Sandwich Kielbasa Sausage Chuckwagon Corn Creamy Coleslaw Bun Apple Cobbler w/Blueberry Topping</p>
<p><b>5</b> Closed for Independence Day Holiday</p>	<p><b>6</b> Creamed Chicken &amp; Vegetables Braised Beef Tips Garlic Whipped Potatoes Mixed Vegetables French Bread Pineapple Tidbits</p>	<p><b>7</b> Chicken Parmesan Liver &amp; Onions w/ Gravy Delmonico Potatoes Broccoli Onion Bread Peanut Butter Bar</p>	<p><b>8</b> Teriyaki Meatballs w/Sauce Breaded Fish w/Sauce Brown Rice Green Peas Asian Coleslaw Seasonal Fresh Fruit</p>	<p><b>9</b> Chicken Salad Half Sand Egg Salad Half Sand Cream of Cauliflower Soup Marinated Spring Garden Salad Whole Wheat Bread Spiced Apple Slices</p>
<p><b>12</b> Herbed Chicken Patty Beef Sloppy Joe Baked Beans Potato Salad Hamburger Bun Snickerdoodle Bar</p>	<p><b>13</b> Shaved Turkey Half Sand Ham &amp; Swiss Half Sand Lentil Soup Marinated Broccoli Salad Whole Wheat Bread Applesauce</p>	<p><b>14</b> HS Turkey Patty w/Gravy BBQ Smokehouse Chop Sour Cream &amp; Chive Potatoes Spinach Romaine Salad Herb French Roll Pear-Blueberry Crisp</p>	<p><b>15</b> Cowboy Campfire Stew Cheese &amp; Green Chile Bake Mexicali-Corn Tossed Salad Potato Wheat Roll Lime Gelatin w/Whipped Topping</p>	<p><b>16</b> Turkey Apple Meatballs w/Glaze Roast Pork w/Mustard Sauce Whipped Sweet Potatoes Lima Beans Squash Bread Hermit Bar</p>
<p><b>19</b> Lasagna Cheese Roll Up Western Pork Stew Italian Blend Vegetables Marinated Zucchini Salad Whole Wheat Roll Mandarin Oranges</p>	<p><b>20</b> Beef Spanish Rice Bake Chicken Penne Pasta Herbed Carrots Garden Vegetable Salad Herb Roll Carrot Cake</p>	<p><b>21</b> Garden Chicken Mini Salad Turkey Club Mini Salad over Spinach Romaine Navy Bean Soup Whole Wheat Roll Golden Fruit Cup</p>	<p><b>22</b> Garlic Chicken Southwest Omelet Bake Parsley Potatoes Mixed Vegetables Cornmeal Bread Vanilla Pudding</p>	<p><b>23 Friendsgiving Special</b> Roasted Turkey w/Gravy HS Pork Patty w/Gravy Whipped Potatoes Green Beans Dill Bread Lemon Blondie</p>
<p><b>26</b> Chicken Fettuccine Stuffed Green Pepper w/Beef Whole Kernel Corn Carrot Raisin Salad Whole Wheat Roll Apple Crisp</p>	<p><b>27</b> Santa Fe Turkey Salad Egg BLTT Salad over Spinach Romaine Chicken Tortilla Soup Sunflower Seed Roll Peaches</p>	<p><b>28</b> Mexican Pasta Bake Vegetable Strata Broccoli Glazed Carrots Marinated Vegetable Salad Seven Grain Roll Seasonal Fresh Fruit</p>	<p><b>29</b> Turkey Divan Casserole Baked Beef Rigatoni Peas &amp; Onions Apple Cranberry Coleslaw White Roll Orange Whip</p>	<p><b>30</b> King Ranch Chicken Bake Lima Beans &amp; Turkey Ham Broccoli Spinach Romaine Salad Cornmeal Roll Banana Chocolate Chip Bar</p>