



Oregon Cascades West Meals on Wheels | June 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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.</p>		<p>1 Hearty Chicken Stew Macaroni & Cheese Cauliflower & Carrots Marin Zucchini Salad Seven Grain Roll Spiced Peaches</p>	<p>2 Turkey Rice Bake Chicken Pomodoro Green Peas Cucumber & Tomato Salad Multigrain Roll Hermit Bar</p>	<p>3 Ground Beef Stroganoff Chicken & Dumplings California Mixed Vegetables Garden Vegetable Salad French Bread Apple Streusel Cake</p>
<p>6 Herbed Chicken Patty w/Gravy Liver & Onions w/Gravy Whipped Potatoes Brussels Sprouts Dinner Roll Chocolate Pudding</p>	<p>7 Chicken Rice Bake Spaghetti w/Meat Sauce Mixed Vegetables Tossed Salad Seven Grain Roll Key Lime Bar</p>	<p>8 Turkey A La King HS Pork Patty w/Gravy Whipped Potatoes Broccoli Sunflower Seed Bread Seasonal Fresh Fruit</p>	<p>9 Shaved Turkey Half Sandwich Egg Salad Half Sandwich Tomato Florentine Soup Carrot Coleslaw Whole Wheat Bread Golden Fruit Cup</p>	<p>10 Hawaiian Luau Special Waikki Chicken Sesame Ginger Pork Ginger Carrots Garden Vegetable Salad Squash Bread Coconut Treasure Cake</p>
<p>13 Lemon Herb Chicken Baked Ham w/Pineapple Sauce Scalloped Potatoes Scandinavian Mixed Vegetables Cracked Wheat Bread Zucchini Brownie</p>	<p>14 Chef Mini Salad Chickpea Mini Salad over Spinach Romaine Cream of Cauliflower Soup Wheat Roll Pears</p>	<p>15 Swiss Style Patty w/Sauce HS Turkey Patty w/Gravy Garlic Whip Potatoes Green Beans w/Red Peppers Cracked Wheat Bread Cherry Whip</p>	<p>16 Father's Day Special Roast Turkey w/Gravy BBQ Smokehouse Chop Whipped Sweet Potatoes Winter Blend Vegetables Squash Bread Spice Cake</p>	<p>17 Father's Day Special Chicken Patty Parmesan Meatloaf w/Gravy Whipped Potatoes Capri Mixed Vegetables Cracked Wheat Bread Ice Cream</p>
<p>20 Closed for the Juneteenth Holiday</p>	<p>21 Lima Beans and Turkey Ham Chicken Spaghetti California Mixed Vegetables Tossed Salad Multigrain Roll Grace's Chocolate Bar</p>	<p>22 Breaded Beef Steak w/Gravy Breaded Baked Fish w/Tartar Delmonico Potatoes Mixed Vegetables Seven Grain Bread Pears</p>	<p>23 Santa Fe Chicken Salad Turkey Pasta Salad over Spinach Romaine Green Split Pea Soup Multigrain Roll Seasonal Fresh Fruit</p>	<p>24 Buffalo Chicken Sandwich Sloppy Joe Whole Kernel Corn Apple Cranberry Coleslaw Hamburger Bun Hot Spiced Apples</p>
<p>27 Beef Mushroom Patty Roast Pork w/Gravy Garlic Whip Potatoes Glazed Carrots French Bread Pineapple Tidbits</p>	<p>28 Tuna Salad Half Sandwich Chicken Salad Half Sandwich Corn Chowder Confetti Coleslaw Whole Wheat Bread Mandarin Oranges</p>	<p>29 Vegetable a la King Beef w/Onion & Pepper Gravy Whipped Potatoes Italian Mixed Vegetables Seven Grain Bread Chocolate Cake w/Frosting</p>	<p>30 Turkey Divan Bake Beef & Black Bean Chili Mixed Vegetables Garden Vegetable Salad White Dinner Roll Ice Cream</p>	<p>Suggested Donation: \$3.50 per Meal 1% Milk Served w/All Meals WE ACCEPT THE OREGON TRAIL CARD .</p>