

# Oregon Cascades West Meals on Wheels | July 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>Chicken Penne Pasta</b> <b>Beef &amp; Black Bean Chili</b> San Francisco Vegetable Blend Green Pea Salad French Roll Watermelon	<b>4</b> <b>Closed for Holiday</b>	<b>5 Independence Day Special</b> <b>BBQ DC Chicken Sandwich</b> Kielbasa Sausage w/Sauerkraut Potato Salad (cold) Baked Beans Hot Dog Bun Ice cream	<b>6</b> <b>Chicken Salad Half Sandwich</b> <b>Egg Salad Half Sandwich</b> Cream of Cauliflower Soup Marinated Zucchini Salad Wheat Bread Spiced Apples	<b>7</b> <b>Cowboy Campfire Stew</b> <b>Turkey Tetrazzini</b> Sliced Carrots Garden Vegetable Salad Rye Bran Roll Lemon Blondie
<b>10</b> <b>Cheese Lasagna Roll Up</b> <b>Chicken Rice Bake</b> Spinach Creamy Coleslaw Rye Bran Roll Orange Delight	<b>11</b> <b>HS Turkey Patty w/Gravy</b> <b>BBQ Smokehouse Chop</b> Colcannon Potatoes Marinated Veggie Salad Oat Bran Wheat Roll Oreo Fluff	<b>12</b> <b>Garden Chicken Mini Salad</b> <b>Turkey Bacon Club Mini Salad</b> over Spinach Romaine Veggie Split Pea Soup White Dinner Roll Mandarin Oranges	<b>13</b> <b>Dijon Mustard Chicken</b> <b>Liver &amp; Onions w/Gravy</b> Delmonico Potatoes Broccoli Cracked Wheat Bread Chocolate Chip Bar	<b>14</b> <b>Swedish Meatballs w/Sauce</b> <b>Roast Pork w/Gravy</b> Whipped Potatoes Scandinavian Vegetable Blend Sunflower Seed Bread Hermit Bar
<b>17</b> <b>Sloppy Joe</b> <b>Herbed Chicken Patty</b> Ranch Beans Creamy Cucumber Salad Hamburger Bun Snickerdoodle Bar	<b>18 Around the World</b> <b>Chicken Spanish Rice</b> Pork Carnitas w/Cilantro Lime Sauce Black Beans Whole Kernel Corn Flour Tortilla Cinnamon Chocolate Pudding	<b>19</b> <b>Beef Mushroom Patty w/Gravy</b> <b>Southwest Omelet Bake</b> Parslied Potatoes California Blend Seven Grain Bread Key Lime Bar	<b>20</b> <b>Beef Taco Salad</b> <b>Turkey Pasta Salad</b> Over Spinach Romaine Corn Chowder Wheat Roll Tropical Fruit	<b>21</b> <b>Spaghetti/Meat Sauce</b> <b>White Bean Chicken Chili</b> Green Beans w/Red Peppers Tossed Salad Garlic Roll Carrot Cake
<b>24</b> <b>Beef Frito Pie</b> <b>Chicken Mushroom Pasta Bake</b> Winter Vegetable Blend Copper Penny Salad Wheat Roll Lemon Bar	<b>25</b> Turkey Salad Cran Walnut Half Sandwich <b>Tuna Salad Half Sandwich</b> Tomato & Rice Soup Pickled Beets Wheat Bread Applesauce	<b>26</b> <b>Country Meatballs w/Gravy</b> Roast Pork w/Apple Chutney Sauce Garlic Whipped Potatoes Italian Vegetable Blend Seven Grain Bread Chocolate Oatmeal Bar	<b>27</b> <b>Beef Rigatoni Bake</b> <b>Stuffed Peppers w/Turkey</b> Green Peas w/Onion Apple Cran Coleslaw White Dinner Roll Lime Whip	<b>28</b> <b>Spinach Strata</b> <b>Beef Cabbage Bake</b> Glazed Carrots Marinated Corn Salad Squash Roll Fresh Orange
<b>31</b> <b>Teriyaki Meatballs w/Sauce</b> <b>Chicken w/Peanut Sauce</b> Brown Rice Mandarin Slaw Kyoto Vegetable Blend Grace's Chocolate Bar	<b>Suggested Donation: \$3.50</b> per Meal <b>1% Milk Served w/All Meals</b> <b>WE ACCEPT THE OREGON</b> <b>TRAIL CARD</b>	<b>ALLERGEN DISCLAIMER:</b> This kitchen uses the following products in meal preparation: tree nuts, sesame, peanuts, soy, eggs, milk, fish, shellfish, wheat, and other products containing gluten. We cannot guarantee that menu items are free of allergens because we use shared equipment and handle common allergens throughout the supply chain.		