



# Oregon Cascades West Meals on Wheels | September 2023

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> 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.</p>			1
4	5	6	7	8
<p><b>Closed for Holiday</b></p>	<p><b>Labor Day Special</b> BBQ Diced Chicken Sandwich Polish Sausage w/Sauerkraut Baked Beans Pickled Beets Hoagie Bun Butterscotch Pudding</p>	<p><b>Asian Chicken Salad</b> <small>Egg, Bacon, Lettuce, Tomato &amp; Tofu Salad</small> over Spinach Romaine Broccoli Cheddar Soup Seven Grain Roll Peaches</p>	<p><b>Chicken Pot Pie Spinach Strata</b> Whole Kernel Corn Carrot Raisin Salad Biscuit Seasonal Fruit</p>	<p><b>Beef Spanish Rice Chicken Fajita Bowl</b> Sliced Carrots Mexicali Corn Salad Oat Bran Wheat Roll Lemon Poppy Seed Cake</p>
11	12	13	14	15
<p><b>Beef Mushroom Patty Teriyaki Chicken Patty</b> Brown Rice Mixed Vegetable Blend Asian Colelaws Chocolate Oatmeal Bar</p>	<p><b>Tuna Salad Half Sandwich Turkey Salad Half Sandwich</b> Cucumber &amp; Red Onion Salad Tomato Florentine soup Wheat Bread Golden Fruit Cup</p>	<p><b>Beef Patty w/Gravy</b> Homestyle Turkey Patty w/Gravy Whipped Potatoes Carrot and Cauliflower Garlic Bread Chocolate Pudding</p>	<p><b>Herbed Chicken Patty w/Gravy BBQ Smokehouse Chop</b> Delmonico Potatoes Italian Vegetable Blend French Bread Lemon Bar</p>	<p><b>Western Goulash Pasta Primavera</b> Fiesta Vegetable Blend Garden Vegetable Salad Squash Wheat Roll Seasonal Fruit</p>
18	19	20	21	22
<p><b>Chicken Pastina Southern Pork Bake</b> San Francisco Vegetable Blend Spinach Romaine Salad White Dinner Roll Snickerdoodle Bar</p>	<p><b>Garlic Chicken Roast Pork w/Gravy</b> Whipped Sweet Potatoes Broccoli &amp; Cauliflower Dill Bread Key Lime Bar</p>	<p><b>Spaghetti/Meat Sauce Cheese &amp; Green Chili Bake</b> Green Bean w/Red Peppers Pineapple Carrot Slaw Garlic Roll Orange Delight</p>	<p><b>Chicken Caesar Mini Salad Santa Fe Turkey Mini Salad</b> over Spinach Romaine Lentil Soup Honey Wheat Roll Pineapple Tidbits</p>	<p><b>Oktoberfest Special</b> German Meatballs w/German Sauce <b>Chicken Supreme</b> Veg German Potato Salad Peas &amp; Carrots Rye Bran Roll German Chocolate Cake</p>
25	26	27	28	29
<p><b>Beef Rigatoni Bake Chicken Rice Bake</b> Brussel Sprouts Marinated Vegetable Salad Herb Roll Hermit Bar</p>	<p><b>Cheese Omelet w/Sauce Pork Sausage Gravy</b> Mixed Vegetables Mandarin Oranges Biscuit Carrot Cake</p>	<p><b>Chicken In Mushroom Meatloaf w/Gravy</b> Sour Cream Chive Potatoes Scandinavian Vegetable Blend Cracked Wheat Bread Zucchini Brownie</p>	<p><b>Cowboy Campfire Stew Turkey Divan Bake</b> Green Peas Apple Cranberry Coleslaw Onion Dinner Roll Lime Whip</p>	<p><b>Salisbury Steak w/Gravy Orange Glazed Chicken</b> Whipped Potatoes Green Bean w/Onions Mixed Fruit Focaccia Bread</p>