

Oregon Cascades West Meals on Wheels | December 2023



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p>ALLERGEN DISCLAIMER: 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>						<p>Suggested Donation: \$3.50 per Meal 1% Milk Served w/All Meals WE ACCEPT THE OREGON TRAIL CARD</p>		<p>1 Cowboy Campfire Stew Macaroni & Cheese Brussels Sprouts Carrot Raisin Salad Onion Roll Chocolate Cake</p>	
4		5		6		7		8	
<p>Western Beef Steak w/Gravy Mexican Pasta Bake Chuckwagon Corn Spinach Romaine Salad Seven Grain Roll Lemon Pudding</p>		<p>Chicken Rice Bake Beef Rigatoni Broccoli Apple Cranberry Coleslaw Multigrain Roll Seasonal Fruit</p>		<p>Pasta Primavera Western Pork Stew Capri Vegetable Blend Garden Vegetable Salad Oat Bran Wheat Roll Chocolate Oatmeal Bar</p>		<p>Homestyle Turkey Patty w/Gravy Beef Mushroom Patty Garlic Whipped Potatoes Mixed Vegetable Blend Whole Wheat Bread Oreo Fluff</p>		<p>Beef Taco Salad Santa Fe Chicken Mini Salad over Spinach Romaine Chicken Tortilla Soup Cornbread Cinnamon Applesauce</p>	
11		12		13		14		15	
<p>Spaghetti & Meat Sauce White Bean Chicken Chili Italian Vegetable Blend Copper Penny Salad Garlic Roll Cranberry Crunch Bar</p>		<p>Chicken Fajita Bowl Beef Chili Macaroni Green Beans w/Red Peppers Coleslaw Sunflower Seed Roll Poke n-Pour Cake</p>		<p>Spinach Strata Pork Sausage Gravy Diced Red Potatoes Tossed Salad Biscuit Hermit Bar</p>		<p>Holiday Special Roasted Turkey w/Gravy Meatloaf w/Gravy Whipped Potatoes Succotash Seven Grain Bread Carrot Cake</p>		<p>Holiday Special Rotisserie Chicken Baked Ham w/Raisin Sauce Whipped Sweet Potatoes Chef Spring Vegetable Blend French Bread Apple Cobbler</p>	
18		19		20		21		22	
<p>Holiday Special Salisbury Steak w/Gravy Herbed Chicken w/Cordon Bleu Sauce Whipped Potatoes Broccoli Cracked Wheat Bread Candy Cane Cake</p>		<p>Turkey a la King Southwest Chicken Whipped Potatoes Sliced Carrots Whole Wheat Bread Fresh Orange</p>		<p>Turkey Salad Half Sandwich Ham & Swiss Half Sandwich Potato Onion Soup Cucumber & Red Onion Salad Wheat Bread Golden Fruit Cup</p>		<p>Cheese Omelet w/Cheese Sauce Swiss Style Patty w/Sauce Scalloped Potatoes Scandinavian Vegetable Blend Oatmeal Bread Butterscotch Pudding</p>		<p>Closed</p>	
25		26		27		28		29	
<p>Closed for Holiday</p>		<p>Beef Stroganoff Waikki Chicken Garlic Whipped Potatoes Mixed Vegetable Blend Onion Bread Spice Cake</p>		<p>Vegetarian Stuffed Peppers Southern Pork Pasta Bake San Francisco Vegetable Blend Creamy Coleslaw Dill Roll Applesauce</p>		<p>New Year's Eve Special Teriyaki Meatballs w/Sauce Breaded Chicken Patty w/Gravy O'Brien Potatoes Glazed Carrots Sunflower Seed Bread Coconut Treasure Cake</p>		<p>Sloppy Joe Breaded Fish w/Tartar Sauce Whole Kernel Corn Marinated Vegetable Salad Hamburger Bun Seasonal Fruit</p>	