

# Oregon Cascades West Meals on Wheels | February 2024



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> <b>Cowboy Campfire Stew</b> Lasagna Roll Up w/Spinach Cream Sauce Green Beans Apple Cranberry Coleslaw Cornmeal Roll Gelatin w/Fruit</p>	<p><b>2</b> <b>Sloppy Joe Vegetarian Burger</b> Baked Beans Corn O'brien Hamburger Bun Cranberry Crunch Bar</p>
<p><b>5</b> <b>Teriyaki Meatballs w/Sauce</b> <b>Orange Glazed Chicken</b> Brown Rice Mandarin Slaw Broccoli Seasonal Fruit</p>	<p><b>6</b> <b>Herbed Chicken Patty w/Gravy</b> Roast Pork w/Apple Chutney Sauce Mashed Spiced Yams Broccoli &amp; Cauliflower Squash Bread Zucchini Brownie</p>	<p><b>7</b> <b>Chicken Caesar Mini Salad</b> <b>Turkey Pasta Salad</b> over Spinach Romaine Split Pea Soup w/Turkey Oat Bran Wheat Roll Pineapple Tidbits</p>	<p><b>8</b> <b>Salisbury Steak w/Gravy</b> Creamed Chicken &amp; Vegetables Whipped Potatoes Brussel Sprouts French Bread Ice Cream</p>	<p><b>9</b> <b>Chicken Spanish Rice Bake</b> <b>Pasta Primavera</b> Scandinavian Vegetable Blend Marinated Zucchini Salad Oatmeal Roll Carrot Cake</p>
<p><b>12</b> <b>Beef Kettle Lasagna</b> <b>Cheese &amp; Green Chili Bake</b> Chuckwagon Corn Garden Vegetable Salad Dinner Roll Lime Whip</p>	<p><b>13</b> <b>Mardi Gras Special</b> Chicken Sausage Jambalaya (Bf/Chk) <b>Red Beans &amp; Rice</b> Whole Kernel Corn Romaine Salad French Bread Bread Pudding</p>	<p><b>14</b> <b>Valentine's Day Special</b> <b>Roasted Turkey w/Gravy</b> <b>Meatloaf w/Gravy</b> Garlic Whipped Potatoes Green Beans w/Red Peppers/Onions Sunflower Seed Roll Red Devil Beet Cake</p>	<p><b>15</b> <b>Chili Macaroni</b> <b>White Bean Chicken Chili</b> Creamy Coleslaw Carrots Seven Grain Roll Pumpkin Bar</p>	<p><b>16</b> <b>Italian Day Special</b> <b>Chicken Alfredo Bake</b> <b>Cheese Ravioli w/Sauce</b> Italian Vegetable Blend Spinach Romaine Salad Tiramisu Garlic Roll</p>
<p><b>19</b> <b>Holiday</b></p>	<p><b>20</b> <b>Cheese Omelet w/Sauce</b> <b>Pork Sausage Gravy</b> Diced Potatoes Cucumber &amp; Red Onion Salad Biscuit Ambrosia Salad</p>	<p><b>21</b> <b>Egg Salad Sandwich Half</b> Ham &amp; Swiss Cheese Sandwich Half Broccoli &amp; Cheese Soup Pickled Beets Wheat Bread Pears</p>	<p><b>22</b> <b>Hearty Chicken Stew</b> <b>Macaroni &amp; Cheese</b> Capri Vegetable Blend Broccoli Ranch Coleslaw Oat Bran Wheat Roll Hermit Bar</p>	<p><b>23</b> <b>Chicken Pot Pie</b> <b>BBQ Smokehouse Chop</b> Oven Roasted Potatoes Peas &amp; Carrots Cracked Wheat Bread Chocolate S'more Pudding</p>
<p><b>26</b> <b>Chicken Brunswick Stew</b> <b>Tuna Noodle Au Gratin</b> Green Beans Cilantro Coleslaw Wheat Roll Orange Whip</p>	<p><b>27</b> <b>Santa Fe Chicken Mini Salad</b> Turkey &amp; Bacon Club Mini Salad over Spinach Romaine Corn Chowder Saltine Crackers (2 packs) Peaches</p>	<p><b>28</b> <b>Bavarian Stew</b> <b>Chicken Mushroom Bake</b> California Vegetable Blend Creamy Cucumber Salad Onion Roll Tapioca Pudding</p>	<p><b>29</b> <b>Shoyu Chicken</b> <b>Sweet &amp; Sour Pork</b> Brown Rice Kyoto Vegetable Blend Asian Coleslaw Lemon Lime Gelatin</p>	