

Oregon Cascades West Meals on Wheels | January 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Closed for Holiday	2 New Year's Day Special Lima Beans & Turkey Pasta Primavera Club Spinach Marinated Broccoli Salad (Bacon) White Dinner Roll Confetti Cake	3 Chicken Tetrazzini Beef & Bean Chili Whole Kernel Corn Carrot Pineapple Salad Cornbread Gelatin w/Whipped Topping	4 Beef Rigatoni Bake Sesame Ginger Pork w/Rice Green Peas Romaine Salad Multigrain Roll Ice Cream	5 Herbed Chicken Patty w/Gravy Meatloaf w/Gravy Garlic Whipped Potatoes Glazed Carrots Seven Grain Bread Lemon Bar
8 Spaghetti/Meat Sauce Cheese & Green Chili Bake Italian Vegetables Romaine Iceberg Salad Wheat Roll Grace's Chocolate Bar	9 Sweet & Sour Chicken Homestyle Turkey w/Mushroom Gravy Brown Rice San Francisco Vegetable Blend Carrot Raisin Salad Tropical Fruit	10 Turkey Salad Half Sandwich Egg Salad Half Sandwich Minestrone Soup Confetti Coleslaw Wheat Bread Pineapple Tidbits	11 Brunch for Lunch Spinach Strata Pork Sausage Gravy Stewed Tomatoes Garden Vegetable Salad Biscuit Apple Cobbler	12 Turkey A la King Chicken w/Peanut Sauce Brown Rice Cabbage & Carrots Asian Coleslaw Chocolate Chip Bar
15 Closed for Holiday	16 Breaded Chicken w/Tomato & Mushroom Sauce Beef Country Fried Steak w/Gravy Whipped Potatoes Green Beans w/Red Peppers Whole Wheat Bread Seasonal Fruit	17 Around the World Coconut Curry w/Jasmine Rice Vegetable Romanoff Broccoli Tossed Salad Cracked Wheat Roll Heavenly Coconut Pudding	18 Chicken Salad Half Sandwich Tuna Salad Half Sandwich Lentil Soup w/Turkey Potato Salad Wheat Bread Diced Peaches	19 German Meatballs w/Sauce Roasted Turkey w/Gravy Mashed Spiced Yams Broccoli, Cauliflower, Craisin Salad Oat Bran Wheat Roll Lemon Blondie
22 Parmesan Chicken Liver & Onions w/Gravy Whipped Potatoes California Vegetable Blend Sunflower Seed Bread Applesauce	23 Beef Spanish Rice Bake White Bean & Chicken Chili Fiesta Mixed Vegetable Blend Pineapple Slaw Rye Bran Roll Orange Delight	24 Chicken Pomodoro Shepherd's Pie Capri Vegetable Blend Creamy Cucumber Salad Garlic Roll Chocolate Cake	25 Chicken Lo Mein Teriyaki Pork w/Brown Rice Kyoto Vegetable Blend Carrot Mandarin Salad Seven Grain Roll Snickerdoodle Bar	26 Macaroni & Cheese Beef Enchilada Bake Whole Kernel Corn Kidney Bean Salad Onion Roll Golden Fruit Cup
29 Beef Cabbage Bake Breaded Fish w/Tartar Sauce Scandinavian Vegetable Blend Spinach Romaine Salad White Dinner Roll Lemon Pudding	30 Chicken Rice Bake Southern Pork Pasta Green Beans Pickled Beets Multigrain Roll Applesauce Gingerbread	31 Beef Stroganoff w/Rotini Turkey Hearty Stew Carrots Garden Vegetable Salad French Roll Fresh Orange	<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>	