

Oregon Cascades West Meals on Wheels | March 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>Allergen Disclaimer: 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>			1
				<p>Creamy Pasta w/Vegetables Western Pork Stew Mixed Vegetable Blend Romaine Iceberg Salad Multigrain Roll Peanut Butter Bar</p>
4	5	6	7	8
<p>Herbed Chicken w/Tomato Mushroom Sauce Homestyle Pork Patty w/Gravy Lyonnaise Potatoes Capri Vegetable Blend Sunflower Seed Bread Lemon Blondie</p>	<p>Beef Spanish Rice Bake Chicken Fajita Bowl Mexicali Corn Tossed Salad Rye Bran Roll Key Lime Bar</p>	<p>Turkey A La King Swiss Style Patty w/Sauce Garlic Whipped Potatoes Winter Vegetable Blend Cracked Wheat Bread Applesauce Gingerbread</p>	<p>Scalloped Potatoes w/Turkey Beef Tamale Pie Carrots Spinach Romaine Salad Cornmeal Roll Caramel Apple Pudding</p>	<p>Chicken Pastina Spinach Strata Scandinavian Vegetable Blend Creamy Cucumber Salad Seven Grain Roll Blushing Pears</p>
11	12	13	14	15
<p>Salisbury Steak w/Gravy Roast Pork w/Raisin Sauce Chuckwagon Corn Garden Vegetable Salad Dinner Roll Lime Whip</p>	<p>Santa Fe Chicken & Lentils Baked Ham w/Pineapple Glaze Broccoli Carrot & Mandarin Salad French Roll Snickerdoodle Bar</p>	<p>Swedish Meatballs w/Sauce Caribbean Spice Chicken Colcannon Potatoes Mixed Vegetable Blend Foccacia Bread Peaches</p>	<p>Tuna Salad Half Sandwich Chicken Salad Half Sandwich Carrot Raisin Salad Chicken Tortilla Soup Wheat Bread Pineapple Tidbits</p>	<p>St. Patrick's Day Special Corned Beef & Cabbage Macaroni & Cheese Succotash Spinach Romaine Salad Irish Soda Bread Shamrock Cake</p>
18	19	20	21	22
<p>Chicken Spaghetti Breaded Fish w/Tartar Sauce Cucumber & Red Onion Salad Glazed Carrots Garlic Roll Chocolate Oatmeal Bar</p>	<p>Western Beef Steak w/Country Gravy Herbed Chicken w/Cordon Bleu (Pork) Sauce Brussels Sprouts Red Diced Potatoes Squash Bread Chocolate Cake</p>	<p>Shaved Turkey Half Sandwich Egg Salad Half Sandwich Potato Onion Soup Confetti Coleslaw Wheat Bread Applesauce</p>	<p>Homestyle Turkey Patty w/Gravy Beef Mushroom Patty Whipped Potatoes San Francisco Vegetable Blend French Bread Cherry Gelatin Jewels</p>	<p>Chicken Rice Bake Vegetarian Spicy Southwest Pasta Whole Kernel Corn Romaine Iceberg Salad Oat Bran Wheat Roll Rocky Road Pudding</p>
25	26	27	28	29
<p>Chicken Spanish Rice Bake Pasta Primavera Green Beans Spinach Romaine Salad Squash Roll Seasonal Fruit</p>	<p>Country Meatballs Shoyu Chicken Lyonnaise Potatoes Scandinavian Vegetable Blend Sunflower Seed Bread Carrot Cake</p>	<p>Chicken Brunswick Stew Pork Fried Rice Green Peas Carrot & Pineapple Salad Wheat Roll Orange Delight</p>	<p>Cowboy Campfire Stew Turkey Pot Pie Biscuit Country Cottage Vegetable Blend Tossed Salad Chocolate Chip Bar</p>	<p>Teriyaki Chicken Sandwich Sloppy Joe Hawaiian Carrots Confetti Coleslaw Hamburger Bun Hot Cinn Applesauce</p>