



# Oregon Cascades West Meals on Wheels | August 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
<p><b>Suggested Donation: \$3.50 per Meal</b> Milk or Beverage Served w/ Meals <b>WE ACCEPT THE OREGON TRAIL CARD.</b></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		<p><b>Chicken Fajita Bowl</b> <b>Western Beef Goulash</b> Green Beans w/Red Peppers Marinated Zucchini Salad Honey Whole Wheat Roll Seasonal Fresh Fruit</p>		2		<p><b>Three Cheese Lasagna</b> <b>Western Pork Stew</b> Mixed Vegetable Blend Kidney Bean Salad Seven Grain Roll Seasonal Fresh Fruit</p>	
5		6		7		8		9			
<p><b>Cowboy Campfire Stew</b> <b>Pasta Primavera</b> Sliced Carrots Garden Vegetable Salad Rye Bran Roll Seasonal Fresh Fruit</p>		<p><b>Chicken Penne Pasta</b> <b>Beef &amp; Black Bean Chili</b> Broccoli &amp; Carrots Bayou Coleslaw Cornbread Fresh Orange</p>		<p>Cheese Lasagna Roll Up w/Alfredo Sauce <b>Chicken Rice Bake</b> Spinach Apple Cranberry Coleslaw French Roll Seasonal Fresh Fruit</p>		<p>Homestyle Turkey Patty w/Gravy <b>Beef Swiss Steak w/Sauce</b> Sour Cream &amp; Chive Potatoes Italian Vegetable Blend Squash Bread Fresh Banana</p>		<p><b>Dog Days of Summer</b> <b>Beef Hot Dog w/Sauerkraut</b> Hamburger w/Campfire Sauce Ranch Beans Cucumber Red Onion Salad Hamburger or Hot Dog Bun Melon Cup</p>			
12		13		14		15		16			
<p><b>Sloppy Joe</b> Breaded Fish w/Tartar Sauce PC Chuckwagon Corn Coleslaw Whole Wheat Hamburger Bun Hot Spiced Peaches</p>		<p><b>Chili Macaroni</b> <b>Southwest Omelet Bake</b> Mixed Vegetable Blend <i>New!</i> Black Bean &amp; Corn Salad Onion Roll <b>Red Devil Beet Cake-Birthday</b></p>		<p><b>Herbed Chicken Patty w/Gravy</b> <b>BBQ Smokehouse Chop</b> Colcannon Potatoes Peas &amp; Carrots Seven Grain Bread Fresh Fruit Bowl</p>		<p><i>New!</i> Korean Beef &amp; Turkey Bibimbap Bowl <b>Vegetarian Romanoff</b> Spinach <i>New!</i> Red Cabbage Salad Wheatberry Sprouted Bread Mandarin Oranges</p>		<p><b>Meatloaf w/Gravy</b> <b>Chicken a la King</b> Whipped Potatoes California Vegetable Blend Cracked Wheat Bread Seasonal Fresh Fruit</p>			
19		20		21		22		23			
<p><b>Spaghetti &amp; Meat Sauce</b> Sweet &amp; Sour Chicken w/Br. Rice Broccoli Tossed Salad Garlic Roll Seasonal Fresh Fruit</p>		<p><b>Creole Chicken</b> <b>Roast Pork w/Apple Chutney</b> Whipped Sweet Potatoes Broccoli &amp; Cauliflower Sunflower Bread Cinnamon Applesauce</p>		<p><b>Egg Salad Half Sandwich</b> <b>Chicken Salad Half Sandwich</b> Split Pea Soup/Crackers (1 pkt) <i>New!</i> Garbanzo Bean Salad Wheatberry Sprouted Bread Fresh Strawberries</p>		<p><b>Beef Sukiyaki w/Brown Rice</b> <b>Vegetable Spinach Lasagna</b> Peas &amp; Carrots Beet &amp; Mandarin Orange Salad French Roll Seasonal Fresh Fruit</p>		<p>Creamed Chicken and Vegetables Beef Country Fried Steak w/Gravy Garlic Whipped Potatoes Green Beans Rye Bran Bread Fresh Banana</p>			
26		27		28		29		30			
<p>Beef Patty w/Peppers &amp; Onion Gravy Turkey Apple Meatballs w/Glaze Whipped Potatoes Brussels Sprouts Wheatberry Sprouted Bread Seasonal Fresh Fruit</p>		<p><b>Brunch for Lunch</b> <b>Spinach Strata</b> <b>Pork Sausage Gravy</b> Oven Roasted Potatoes Tropical Fruit Biscuit Fresh Banana</p>		<p><b>Around the World</b> <i>New!</i> <b>Carne Asada (Beef)</b> <b>Cheese &amp; Green Chili Bake</b> Whole Kernel Corn Cilantro Coleslaw Flour Tortilla <i>New!</i> Cinnamon Cake</p>		<p><i>New!</i> <b>Chicken Greek Pasta Salad</b> Turkey Cranberry Walnut Salad over Spinach Romaine Lentil Soup/Crackers (1 pkt) Rye Bran Roll Pineapple Tidbits</p>		<p><b>Labor Day Special</b> <b>Cheeseburger</b> <b>BBQ Pulled Pork Sandwich</b> Baked Beans Coleslaw Hamburger Bun Grace's Chocolate Bar</p>			