

# Oregon Cascades West Meals on Wheels | November 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>			<p>Suggested Donation: \$3.50 per Meal. Milk Served with Meals. <b>WE ACCEPT THE OREGON TRAIL CARD.</b></p>	<p><b>1</b> ✓ <b>Bavarian Beef Stew</b> ✓ <b>Spicy Southwest Pasta</b> Sliced Carrots Romaine Iceberg Salad Fresh Banana Rye Bran Roll</p>
<p><b>4</b> ✓ <b>Macaroni &amp; Cheese</b> <b>Chicken Brunswick Stew</b> Spinach Creamy Coleslaw Multigrain Roll Fresh Apple</p>	<p><b>5</b> <b>Scalloped Potatoes &amp; Turkey Beef Rigatoni Bake</b> San Francisco Vegetable Blend Green Pea Salad Oat Bran Roll Fresh Banana</p>	<p><b>6</b> <b>Chicken A La King</b> Homestyle Pork Patty w/Gravy Whipped Potatoes Cabbage &amp; Carrots Honey Wheat Bread Fresh Orange</p>	<p><b>7</b> <b>Chicken Teriyaki Sandwich</b> <b>Italian Sausage (link) Sandwich</b> Mixed Vegetables Pickled Beets Hot Dog Bun Tropical Fruit</p>	<p><b>8</b> <b>Veteran's Day Special</b> <b>BBQ Diced Chicken Sandwich</b> <b>Hamburger w/Campfire Sauce</b> Whole Kernel Corn Potato Salad Hamburger/Hot Dog Bun Confetti Cake</p>
<p><b>11</b> <b>Closed</b></p>	<p><b>12</b> <b>Chicken Lo Mein</b> <b>Pork Fried Rice</b> Peas &amp; Carrots Asian Coleslaw Oat Bran Wheat Roll Applesauce Gingerbread-Birthday</p>	<p><b>13</b> <i>New!</i> <b>Beef Shawarma</b> Homestyle Turkey Patty w/Gravy <i>New!</i> Lemon Rice Tomato &amp; Corn Medley <i>New!</i> Tomato, Cucumber, and Feta Salad Fresh Orange</p>	<p><b>14</b> <b>Tuna Salad Half Sandwich</b> <b>Turkey Salad Half Sandwich</b> Lentil Soup Kidney Bean Salad Wheat Bread Tropical Fruit</p>	<p><b>15</b> ✓ <b>Cheese Omelet w/Sauce</b> <b>Pork Sausage Gravy</b> Parslied Diced Potatoes Mixed Vegetables Biscuit Fresh Banana</p>
<p><b>18</b> <b>Lima Beans &amp; Turkey</b> Roast Pork w/Dijon Mustard Sauce Whipped Potatoes Spinach Wheat Bread Fresh Apple</p>	<p><b>19</b> <b>Chicken Spanish Rice Bake</b> ✓ <b>Pasta Romanoff</b> Broccoli &amp; Carrots Romaine Iceberg Salad Cracked Wheat Roll Fresh Pear</p>	<p><b>20</b> <b>Beef Taco Salad</b> <b>Santa Fe Chicken Mini Salad</b> Spinach Romaine Corn Chowder Tortilla Chips Seasonal Fresh Fruit</p>	<p><b>21</b> <b>Creole Chicken</b> <b>Meatloaf w/Gravy</b> Garlic Whipped Potatoes Mixed Vegetables Rye Bran Bread Fresh Orange</p>	<p><b>22</b> <i>New!</i> Chicken Thigh Cuban Citrus Mojo <b>Beef Patty w/BBQ Sauce</b> <i>New!</i> Rice with Black Beans Whole Kernel Corn Cilantro Coleslaw Fresh Banana</p>
<p><b>25</b> <b>Beef Stroganoff</b> <b>White Bean Chicken Chili</b> Green Beans w/Red Peppers Marinated Vegetable Salad Multigrain Roll Seasonal Fresh Fruit</p>	<p><b>26</b> <b>Thanksgiving Special</b> <b>Roasted Turkey w/Gravy</b> <b>Sliced Ham w/Pineapple Glaze</b> Mashed Spiced Yams Green Beans Onion Bread Baked Pumpkin Custard</p>	<p><b>27</b> <b>Thanksgiving Special</b> <b>Salisbury Steak w/Gravy</b> <b>Roasted Turkey w/Gravy</b> Whipped Potatoes Green Peas Bread Dressing Pumpkin Bar</p>	<p><b>28</b> <b>Closed</b></p>	<p><b>29</b> <b>Closed</b></p>