

Oregon Cascades West Meals on Wheels | December 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 ✓ Bavarian Beef Stew ✓ Spicy Southwest Pasta Sliced Carrots Romaine Iceberg Salad Rye Bran Roll Fresh Banana	3 Chicken Pastina Beef & Bean Chili Whole Kernel Corn Cabbage Vinaigrette Cornbread Fresh Apple	4 Shoyu Chicken Thigh Sweet & Sour Pork Brown Rice Peas & Carrots Carrot Mandarin Salad Seasonal Fresh Fruit	5 Chili Meatballs w/Spicy Tomato Sauce Waikiki Chicken Delmonico Potatoes Broccoli & Cauliflower Wheat Bread Fresh Apple	6 Turkey Rice Bake Mexican Pasta Bake Spinach Three Bean Salad Garlic Roll Fresh Orange
9 Beef Frito Pie Chicken Spaghetti Chuckwagon Corn Broccoli Ranch Coleslaw Squash Roll Seasonal Fruit	10 ✓ Macaroni & Cheese Chicken Brunswick Stew Spinach Creamy Coleslaw Multigrain Roll Lemon Poppy Seed Cake-Birthday	11 Scalloped Potatoes & Turkey Beef Rigatoni Bake San Francisco Vegetable Blend Green Pea Salad Oat Bran Roll Fresh Banana	12 Holiday Special Roasted Turkey w/Gravy Meatloaf w/Gravy Whipped Potatoes Sliced Carrots Seven Grain Bread Carrot Cake	13 Holiday Special Rotisserie Chicken Baked Ham w/Raisin Sauce Whipped Sweet Potatoes Green Beans & Carrots French Bread Apple Cobbler
16 Holiday Special Salisbury Steak w/ Brown Gravy Herbed Chicken Patty w/Cordon Bleu Sauce Whipped Potatoes Broccoli Cracked Wheat Bread Candy Cane Cake	17 Around the World <i>New!</i> Beef Shawarma Homestyle Turkey Patty w/Gravy <i>New!</i> Lemon Rice Tomato & Corn Medley <i>New!</i> Tomato, Cucumber, and Feta Salad Fresh Orange	18 Tuna Salad Half Sandwich Turkey Salad Half Sandwich Lentil Soup Kidney Bean Salad Wheat Bread Tropical Fruit	19 Brunch for Lunch ✓ Cheese Omelet w/Sauce Pork Sausage Gravy Parslied Diced Potatoes Mixed Vegetables Biscuit Fresh Banana	20 Spaghetti & Meat Sauce Chicken Rice Bake Spinach Garden Vegetable Salad Garlic Roll Fresh Pear
23 Around the World <i>New!</i> Chicken Thigh Cuban Citrus Mojo Beef Patty w/BBQ Sauce <i>New!</i> Rice with Black Beans Whole Kernel Corn Cilantro Coleslaw Fresh Banana	24 Lima Beans & Turkey Roast Pork w/Dijon Mustard Sauce Whipped Potatoes Spinach Wheat Bread Fresh Apple	25 Closed	26 Beef Taco Salad Santa Fe Chicken Mini Salad Spinach Romaine Corn Chowder Tortilla Chips Seasonal Fresh Fruit	27 Creole Chicken Meatloaf w/Gravy Garlic Whipped Potatoes Mixed Vegetables Rye Bran Bread Fresh Orange
30 Beef Stroganoff White Bean Chicken Chili Green Beans w/Red Peppers Marinated Vegetable Salad Multigrain Roll Seasonal Fresh Fruit	31 New Year's Eve Special Teriyaki Meatballs w/Sauce Breaded Chicken Patty w/Gravy O'Brien Potatoes Glazed Carrots Sunflower Seed Bread Coconut Treasure Cake	Suggested Donation: \$3.50 per Meal. Milk Served with Meals. WE ACCEPT THE OREGON TRAIL CARD.	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.	