



OREGON CASCADES WEST MEALS ON WHEELS

FEBRUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Herbed Chicken w/Tomato & Mushroom Sauce Homestyle Pork Patty w/Gravy Delmonico Potatoes Mixed Vegetables Sunflower Seed Bread Fresh Orange	4 Beef Taco Chicken Taco Pinto Beans Cilantro Coleslaw Flour Tortilla Pineapple Tidbits	5 Chicken & Dumplings Swiss Style Patty w/Sauce Garlic Whipped Potatoes Spinach Cracked Wheat Bread Seasonal Fruit	6 Turkey and Kidney Beans ✓ Spinach Lasagna Sliced Carrots Spinach Romaine Salad Honey Wheat Roll Fresh Banana	7 Caribbean Chicken BBQ Pork Rib Patty Colcannon Potatoes Green Bean w/Red Peppers Seven Grain Bread Fresh Apple
10 ✓ Macaroni & Cheese Chicken Rice Bake Spinach Kidney Bean Salad Onion Roll Mandarin Oranges	11 Green Pepper Casserole (Beef) Lime Chicken Fiesta Vegetables Broccoli Ranch Coleslaw Rye Bran Roll Frosted Marble Cake-Birthday	12 Parmesan Chicken Salisbury Steak w/Brown Onion Gravy Whipped Potatoes California Vegetables Sunflower Seed Bread Fresh Apple	13 Around the World <i>New!</i> Beef Broccoli Honey Cashews Orange Glazed Chicken Brown Rice Peas & Carrots Asian Coleslaw Fresh Apple	14 Valentine's Day Special <i>New!</i> Chicken Piccata Beef Tips Stroganoff Garlic Whipped Potatoes Green Beans w/Red Peppers Sunflower Seed Bread Red Devil Beet Cake
17 Holiday Closed	✓ Ground Beef Stew Vegetarian Spicy Southwest Pasta Spinach Black Bean and Corn Salad Dill Roll Fresh Banana	19 Chicken in Peanut Sauce Country Meatballs w/Gravy Diced Potatoes Broccoli & Cauliflower Rye Bran Bread Fresh Apple	20 Garden Chicken Mini Salad Turkey Pasta Salad over Spinach Romaine ✓ Corn Chowder Herb Roll Pineapple Tidbits	21 Meatloaf w/Gravy Dijon Mustard Chicken Whipped Potatoes Brussels Sprouts & Corn Focaccia Bread Fresh Orange
24 Teriyaki Chicken Sloppy Joe Southwest Corn Pickled Beets WG Hamburger Bun Hot Cinnamon Applesauce	25 ✓ Beef Kettle Lasagna ✓ Vegetarian Chili Green Beans Mixed Vegetables Squash Bread Fresh Orange	26 Around the World <i>New!</i> Beef Picadillo Southwest Chicken Cilantro Rice Pinto Beans Romaine Iceberg Salad Fresh Apple	27 Chicken Brunswick Stew Sesame Ginger Pork Green Peas Carrot Mandarin Salad Wheat Roll Fresh Banana	28 Cowboy Campfire Stew Turkey Pot Pie Country Cottage Vegetables Tossed Salad Biscuit Mixed Fruit

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.