



# OREGON CASCADES WEST MEALS ON WHEELS

# JANUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Suggested Donation: \$3.50 per Meal.</b></p> <p><b>Milk Served with Meals.</b></p> <p><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>	<p>✓ denotes vegetarian option</p> <p><i>New!</i> denotes new item</p>	<p><b>Closed</b></p>	
<p><b>5 New Year's Day Special</b></p> <p>Chicken Breast w/ Creole Sauce <i>Sliced Ham</i> w/ <i>Raisin Sauce</i> Garlic Whipped Potatoes Italian Vegetables Squash Bread Cranberry Crunch Bar</p>	<p><b>6</b></p> <p>Turkey Pot Pie <i>Cowboy Campfire Stew</i> Chuckwagon Corn Cucumber and Red Onion Salad Biscuit Fresh Apple Slices</p>	<p><b>7</b></p> <p>✓ Pasta Primavera <i>Breaded Pollock Fish</i> w/ <i>Tartar Sauce</i> and <i>Rice Pilaf</i> Spring Chef Cut Vegetables Kidney Bean Salad Rye Bran Bread Hot Spiced Applesauce</p>	<p><b>8</b></p> <p>Garden Chicken Mini Salad Caesar Dressing <i>Turkey Pasta Salad</i> over Spinach Romaine Corn Chowder Herb Roll Pineapple Tidbits</p>	<p><b>9</b></p> <p>Turkey Tetrazzini <i>Beef Enchilada Bake</i> Fiesta Vegetables Romaine Salad Cornmeal Roll Tropical Fruit</p>
<p><b>12</b></p> <p>A1 Chopped Steak <i>BBQ Chicken Quarter</i> Garlic Whipped Potatoes Club Spinach (hot) Onion Bread Tropical Fruit</p>	<p><b>13</b></p> <p>✓ Beef Chili Macaroni ✓ <i>California Cheese Bake</i> Winter Vegetables Corn and Black Bean Salad Cracked Wheat Roll Blushing Pears</p>	<p><b>14 Around the World</b></p> <p><i>New!</i> Chicken Gumbo <i>Baked Fish Tilapia w/ Spanish Sauce</i> <i>New!</i> Dirty Rice Succotash Romaine Iceberg Salad Mandarin Oranges</p>	<p><b>15</b></p> <p>Turkey a la King <i>Roast Pork</i> <i>New!</i> w/ <i>Apple Cranberry</i> Whipped Potatoes Italian Vegetables Sunflower Roll Peaches</p>	<p><b>16</b></p> <p>Sloppy Joe <i>Teriyaki Chicken</i> Broccoli Carrot Mandarin Salad WG Hamburger Bun Blushing Pears</p>
<p><b>19</b></p> <p><b>Closed</b></p>	<p><b>20</b></p> <p>Chicken Supreme <i>Homestyle Pork Patty</i> w/ <i>Pork Gravy</i> Mashed Spiced Yams California Vegetables Seven Grain Bread Fresh Banana</p>	<p><b>21</b></p> <p>Hearty Turkey Stew <i>Tuna Pasta Bake</i> Mixed Vegetables Apple Cranberry Coleslaw Oat Bran Roll Spiced Peaches</p>	<p><b>22</b></p> <p>Meatloaf w/ Brown Gravy <i>Herbed Chicken Patty</i> w/ <i>Creamy Paprika Sauce</i> Lyonnais Potatoes Peas and Carrots Rye Bran Bread Pineapple Tidbits</p>	<p><b>23</b></p> <p>Chicken Mushroom Bake ✓ <i>Zucchini Lasagna</i> San Francisco Vegetables Romaine Iceberg Salad Multigrain Roll Tropical Fruit</p>
<p><b>26</b></p> <p>Beef Patty w/Peppers and Onions <i>Breaded Pollock Fish</i> w/ <i>Alfredo Basil Sauce (Side)</i> Rosemary Red Diced Potatoes Creamed Spinach Oat Bran Roll Golden Fruit Cup</p>	<p><b>27</b></p> <p>Chicken Soft Taco <i>Beef Soft Taco</i> Shredded Lettuce &amp; Tomatoes Pinto Beans Chuckwagon Corn Tortilla Pineapple Tidbits</p>	<p><b>28</b></p> <p>Salisbury Steak w/ Gravy Whipped Potatoes ✓ <i>Vegetarian Southwest Pasta</i> Brussels Sprouts Glazed Carrots Multigrain Roll Fresh Apple Slices</p>	<p><b>29 Around the World</b></p> <p>Shoyu Chicken <i>New!</i> Pork w/ <i>Korean BBQ Sauce</i> <i>New!</i> Pineapple Brown Rice Broccoli Sesame Slaw Fresh Orange French Bread Fresh Banana</p>	<p><b>30</b></p> <p>Lasagna Cheese Roll Up w/ <i>Turkey Bolognese</i> ✓ <i>Macaroni Cheese</i> Italian Vegetables Pickled Beets Garlic Roll Tropical Fruit</p>