



OREGON CASCADES WEST
MEALS ON WHEELS

FEBRUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 ✓ Cheese Omelet w/ Salsa <i>Pork Sausage Gravy</i> Sweet Potatoes Broccoli Biscuit Fresh Apple Slices	3 Butter Chicken Jasmine Rice <i>Pork Sesame Ginger</i> Green Beans Carrot Raisin Salad Rye Bran Roll Fresh Orange	4 Chicken & Dumplings <i>Swiss Style Patty</i> w/ <i>Swiss Steak Sauce</i> Garlic Whipped Potatoes Spinach Cracked Wheat Bread Pears	5 BBQ Hamburger <i>Breaded Fish Pollock Patty</i> w/ <i>Tartar Sauce</i> Shredded Lettuce & Tomatoes Baked Beans Creamy Coleslaw Hot Spiced Peaches WG Hamburger Bun	6 Chicken in Peanut Sauce <i>Vegetarian Meatballs</i> ✓ w/ <i>Country Gravy</i> Rice Pilaf Broccoli & Cauliflower Rye Bran Bread Fresh Apple
9 Turkey Pot Pie <i>Cowboy Campfire Stew</i> Chuckwagon Corn ucumber and Red Onion Sala Biscuit Fresh Apple Slices	10 Garden Chicken Mini Salad <i>Caesar Dressing</i> <i>Turkey Pasta Salad</i> over Spinach Romaine Corn Chowder Herb Roll Pineapple Tidbits	11 Spaghetti & Meat Sauce ✓ <i>Vegetarian Meatballs</i> w/ <i>Alfredo Sauce and Spaghetti</i> Garlic Spinach Tossed Salad Garlic French Roll Fresh Melon	12 Orange Glazed Chicken <i>Sweet & Sour Pork</i> Brown Rice Ginger Carrots Beet and Mandarin Orange Salad Peaches	13 <i>Valentines's Day Special</i> Chicken Piccata <i>Beef Tips Stroganoff</i> Garlic Whipped Potatoes Carrots Sunflower Seed Bread Red Devil Beet Cake
16 Closed	17 <i>Mardi Gras Special</i> ✓ Chicken & Sausage Jambalaya ✓ <i>Red Beans and Rice</i> Green Peas & Carrots Romaine Salad French Bread Bread Pudding	18 Beef Chili Macaroni ✓ <i>California Cheese Bake</i> Winter Vegetables Corn and Black Bean Salad Cracked Wheat Roll Blushing Pears	19 Turkey a la King <i>Roast Pork</i> ✓ <i>w/ Apple Cranberry</i> Whipped Potatoes Italian Vegetables Sunflower Roll Peaches	20 <i>Around the World</i> <i>New!</i> Chicken Gumbo <i>Baked Tilapia w/ Spanish Sauce</i> <i>New!</i> Dirty Rice Succotash Romaine Iceberg Salad Mandarin Oranges
23 Hearty Turkey Stew <i>Tuna Pasta Bake</i> Mixed Vegetables Apple Cranberry Coleslaw Oat Bran Roll Spiced Peaches	24 Chicken Mushroom Bake ✓ <i>Zucchini Lasagna</i> San Francisco Vegetables Romaine Iceberg Salad Multigrain Roll Tropical Fruit	25 Chicken Supreme <i>Homestyle Pork Patty</i> w/ <i>Pork Gravy</i> Mashed Spiced Yams California Vegetables Seven Grain Bread Fresh Banana	26 Shaved Turkey Half Sandwich w/ <i>Dijonnaise Sauce</i> <i>Egg Salad Half Sandwich</i> ✓ Shredded Lettuce <i>New!</i> Butternut Squash Soup Garbanzo Bean Salad Wheat Bread Mixed Fruit	27 Meatloaf w/ <i>Brown Gravy</i> <i>Herbed Chicken Patty</i> w/ <i>Creamy Paprika Sauce</i> Lyonaise Potatoes Peas and Carrots Rye Bran Bread Pineapple Tidbits
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.			