



Milwaukie Center Nutrition Program

Mon	Tue	Wed	Thu	Fri
<p>Join us for the same lunch served at the Center at Noon.</p> <p>Transportation is available by calling 503-794-8014</p>	<p>Thank you to Bob's Red Mill for all our baking needs and more.</p> 	<p>1 Oven Fried Rice Green Beans Egg Roll Cabbage Salad Fortune Cookie</p>	<p>2 Pasta Primavera Capri Vegetables Garlic Bread Tossed Green Salad Pudding</p>	<p>3 Pork Loin Roasted Potatoes Cauliflower Roll Carrot Salad Cake</p>
<p>6 Swedish Meatballs Noodles Broccoli Normandy Roll Banana</p>	<p>7 Parmesan Chicken Polenta Mixed Vegetables Garlic Bread Green Salad Pears</p>	<p>8 Spinach & Mushroom Pizza Oregon Bean Blend Roasted Cauliflower Quinoa Salad Apricots</p>	<p>9 Tuscan Turkey Sandwich Jicama Orange Salad Mexican Corn Salad Applesauce w/ Raisins and Dates</p>	<p>10 Corn Dog Nuggets Sweet Potato Fries Collard Greens Beets Peaches Dried Fruit</p>
<p>13 Whole Grain Waffle Strawberries Turkey Ham Hard Boiled Egg Juice</p>	<p>14 Teriyaki Chicken & Veggies Rice Spinach Egg Roll Mandarin Oranges Fortune Cookie</p>	<p>15 Baked Potato w/ Cheese Broccoli Chili Green Salad Rice Crispy Treat</p>	<p>16 Macaroni & Cheese Baby Carrots Roll Pea Salad Oat Bran Bar</p>	<p>17 Oatmeal w/Dried Fruit Sausage Spiced Apples Cottage Cheese Pineapple *Golden Wedding special menu @MC</p>
<p>20 Kielbasa on a Bun Oven roasted Potatoes Braised Cabbage Apple</p>	<p>21 Stroganoff Mashed Potatoes Baby Carrots Roll Spinach Salad Applesauce</p>	<p>22 Baked Chicken Thigh Couscous w/Fruit Swiss Chard Corn Almonds</p>	<p>23 Vegetarian Chili Cornbread Oven Roasted Vegetables Cottage Cheese Pears</p>	<p>24 Baked Cod Polenta Broccoli Soda Bread Quinoa Salad Strawberry Shortcake</p>
<p>27 Egg Salad Sandwich Couscous Salad Lettuce & Tomato Chips</p>	<p>28 Lasagna Casserole Spinach Garlic Bread Pudding</p>	<p>29 Cuban Beef Rice Black Beans Capri Vegetables Pineapple *Cake from Emeritus</p>	<p>30 Meatloaf w/Gravy Mashed Potatoes Green Beans Roll Jell-O Spinach Salad</p>	

Nutrition Program: 503-654-3030
5440 SE Kellogg Creek Drive
Milwaukie, OR 97222



www.milwaukiecenter.com
Monday-Friday 8:00 am-5 pm
Saturday & Sunday: Closed

Menu is subject to change at any time. To verify the current days choice, please feel free to call the center at 503-653-8100.