



NOVEMBER 2011 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu is subject to change at any time. To verify the current day's menu, please call the Center at 503-653-8100.</p> 	<p>1 Sweet and Sour Pork w/Peppers Brown Rice Broccoli Pineapple Coleslaw Wheat Roll Apricots</p>	<p>2 Un-rolled Cabbage Roll Casserole w/Beef and Tomato Sauce Parsley Carrots Tossed Green Salad Whole Grain Roll Chocolate Pudding w/Bananas</p>	<p>3 Chicken Enchilada Casserole w/Cheese and Tortilla Mexican Rice w/Tomatoes Pinto Beans Plums Pumpkin Bar</p>	<p>4 Shrimp Fettuccine w/Pasta Italian Green Beans Garlic Bread Tossed Salad w/Spinach and Tomato Frozen Strawberries w/Jello</p>
<p>7 Salisbury Steak w/Gravy Whole Grain Noodles Butternut Squash Whole Grain Roll Orange Chocolate Chip Cookie</p>	<p>8 Ham and Scalloped Potatoes Spinach and Tomatoes Pears and Peaches Whole Wheat Roll Date Bar</p>	<p>9 Dijon Chicken Wild Rice Pilaf Peas w/Pearl Onions Tossed Spinach and Cabbage Salad Wheat Roll Fruit Cocktail Cup</p>	<p>10 Spinach Frittata w/Tomato Slice Hash Browns Tropical Fruit Cup w/Pineapple, Papaya, Mango and Orange Bran Muffin Fresh Banana Vanilla Pudding</p>	<p>11  VETERANS DAY Center Closed No Meals on Wheels</p>
<p>14 Chicken Fried Beef Steak w/Gravy Mashed Potatoes Harvest Beets Wholegrain Roll Apple Peanut Butter Cookie</p>	<p>15 Tuna Noodle Casserole w/Cheese Broccoli Cabbage Coleslaw w/Carrots Whole Wheat Roll Lemon Pudding</p>	<p>16 Pulled Pork Sandwich w/Bun Sweet Potato Puffs Fiesta Corn, Onions Peppers and Carrots Spinach Salad Plums</p>	<p>17 Orange Spice Chicken Grande Grains Asian Vegetables Peaches Roll Cake</p>	<p>18 Shepherds Pie Peas and Carrots, Corn and Mashed Potatoes Spinach and Tomatoes Tropical Fruit Whole Wheat Roll Peanut Butter Bar</p>
<p>21 Meatballs w/Gravy Noodles Carrots, Peas, Corn and Lima Beans Onion Roll Banana Snickerdoodle Cookie</p>	<p>22 Fish with Dill Sauce Brown Rice Spinach w/Tomatoes and Peppers Roll Coleslaw w/Carrots and Red and Green Cabbage Apple Cobbler</p>	<p>23 Vegetarian Lasagna w/Zucchini, Onions, Peppers, Tomatoes and Mushrooms Italian Green Beans Romaine Salad w/Red and Green Peppers Garlic Bread Vanilla Pudding</p>	<p>24  Thanksgiving Center Closed No Meals on Wheels</p>	<p>25 Turkey Salad Sandwich w/Onion, Celery and Apple on a Bun Tomato and Lettuce Pasta Salad w/Onions, Red Beans, Celery and Peas Mandarin Oranges</p>
<p>28 Kielbasa Steamed Red Potatoes Parslied Carrots Roll Orange</p>	<p>29 Mc Rib Sandwich w/Bun Tater Tots Peas and Carrots Coleslaw Pineapple Chunks</p>	<p>30 Chicken Pot Pie w/Gravy, Peas, Carrots and Potatoes Brussels Sprouts Honey Bran Muffin Romaine Salad Blushing Pears</p>	<p>  Thank You! The suggested donation is \$2.50 which covers a portion of the meal's cost. Your donation helps us to be able to provide this service. </p>	

Milwaukie Center Nutrition Program: 503-654-3030

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