



# Milwaukie Center SEPTEMBER 2011 MENU



Milwaukie Center

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. Thank you!

Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Nutrition Tip:</b> ✓ Choose foods that name one of the following whole-grain ingredients <i>first</i> on the label's ingredient list: "brown rice"    "bulgur"    "oatmeal"    "rolled oats" "buckwheat"    "millet"    "quinoa"    "whole-grain barley"  ✓ Foods labeled with the words "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" are usually <i>not</i> whole-grain products.		Source: <a href="http://www.choosemyplate.gov">www.choosemyplate.gov</a>		1 Beef Tips w/Noodles Carrots and Cauliflower Whole Grain Bread Garden Salad Tropical Fruit Cup	2 Green Chile Chicken Corn Tortilla Casserole Corn w/Red and Green Peppers Carrots and Cabbage Slaw Whole Grain Roll Pumpkin Pudding
5  <b>Labor Day</b> Center Closed No Meals on Wheels 	6 <b>Maintenance Week Center Closed</b> McRib w/BBQ Sauce Sweet Potato Puffs Turnip Greens Corn Bread Orange	7 <b>Maintenance Week Center Closed</b> Chicken w/Pasta Butternut Squash Sage Green Beans Harvest Roll Tropical Fruit Cocktail Garden Salad	8 <b>Maintenance Week Center Closed</b> Beef and Bean Tamale Pie Carrots Red Beet Salad Whole Grain Bread Peaches	9 <b>Maintenance Week Center Closed</b> Salmon Patty Whole Grain Bread Grande Grains Broccoli Non-fat Yogurt Frosted Yellow Cake	
12 Chicken Fried Steak w/Gravy Mashed Potatoes Collard Greens Whole Grain Bread Banana Oatmeal Cookie	13 Vegetable Fritta Oven Hash Browns Lima Beans and Corn Red and Green Cabbage Salad Bran Apple Muffin Strawberry Luscious	14 Sweet and Sour Pork Brown Rice Asian Vegetables Zucchini Mandarin Oranges Fortune Cookie	15 Sloppy Joes on Bun Sweet Potato Puffs Peas and Carrots Spinach and Orange Slices Salad Oatmeal Cookie	16 Shrimp Alfredo Fettuccini Broccoli Whole Grain Bread Salad w/Tomato White Cake w/Vanilla Frosting	
19 Salisbury Steak w/Gravy Mashed Potatoes Lima Beans w/Tomatoes Whole Grain Bread Chocolate Chip Cookie Orange	20 Bean and Cheese Burrito Spanish Rice w/Salsa Carrots Squash w/Apples Mandarin Oranges	21 Greek Pastitsio Penne Pasta Broccoli Whole Grain Bread Lettuce and Tomato Salad Vanilla Pudding	22 Hamburger w/Bun Baked Beans Tater Tots Tri-colored Coleslaw Butterscotch Pudding	23 Crabby Cakes Lemon Parsley Noodles Broccoli and Carrots Tropical Fruit Salad Oatmeal Roll Yellow Cake w/Chocolate Frosting	
26 Spaghetti w/Meat Sauce Italian Green Beans Whole Grain Bread Orange Vanilla Cookie	27 Chicken Cacciatore Wild Rice Cauliflower and Broccoli Whole Wheat Roll Cabbage Slaw Apricots	28 Roast Beef w/Gravy Mashed Potatoes Red Beets Pears and Apple Slices Date Nut Muffin	29 Spanish Rice w/Pinto Beans Green Beans w/Tomato Corn Bread Plums Cranberry/Pear Crumble	30 Turkey Loaf w/Gravy Mashed Potatoes Peas w/Carrots Fruit Cocktail Salad Whole Grain Bread Brownie	

Milwaukie Center Nutrition Program: 503-654-3030

5440 SE Kellogg Creek Drive, Milwaukie, OR 97222 [www.milwaukiecenter.com](http://www.milwaukiecenter.com)

Menu is subject to change at any time. To verify the current day's menu, please call the Center at 503-653-8100.