



Milwaukie Center

JANUARY 2016 MENU



NORTH CLACKAMAS
PARKS & RECREATION DISTRICT
MILWAUKIE CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Thank you to Bob's Red Mill for providing all our baking needs and more.</p> <p><i>Your donation for the meal keeps them wheeling. Suggested donation is \$3.00.</i></p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>				
<p>4 Salisbury Steak w/ Gravy Mashed Potatoes Oregon Bean Blend Roll Almonds</p>	<p>5 Grilled Chicken Fajita Tomatoes & Mangos Black Beans Chopped Salad Blueberries</p>	<p>6 Oatmeal Dried Fruit Chicken Sausage Yogurt</p>	<p>7 Parmesan Cod Rice Mixed Vegetables Roll Cabbage Slaw Pineapple</p>	<p>8 Pork Medallions Potatoes Braised Red Cabbage Roll Carrot Raisin Salad Applesauce</p>
<p>11 Chicken Cacciatore Polenta Peas Roll Cookie</p>	<p>12 Pizza Roasted Cauliflower Pasta Salad Romaine Salad Pudding</p>	<p>13 Hamburger on a Bun Baked Beans Broccoli Lettuce & Tomato Potato Salad</p>	<p>14 Biscuit & Gravy Spinach & Tomatoes Apples & Raisins Yogurt Granola w/Almonds</p>	<p>15 Chicken Stir Fry Yakisoba Noodles Egg Roll Green Beans Orange Salad Fortune Cookie</p>
	<p>19 Meatballs w/Gravy Mashed Potatoes Peas and Carrots Roll Orange</p>	<p>20 Orange Chicken Couscous Broccoli & Cauliflower Bran Muffin Spinach Salad Tropical Fruit</p>	<p>21 Tuna Salad Sandwich Pineapple Lettuce, Tomato & Pickle Pears & Almonds Bran Bar</p>	<p>22 Chili Mac Green Beans Cornbread Mixed Green Salad Apricots</p>
<p>25 Beef Stroganoff Broccoli Normandy Roll Grapes</p>	<p>26 Chicken Pot Pie w/ Biscuit Corn Quinoa & Sweet Potato Applesauce & Raspberry</p>	<p>27 White Bean, Pork & Potato Stew Baby Carrots Polenta Mandarin Oranges *Birthday Cake from Emeritus</p>	<p>28 Baked Salmon Rice Pilaf Mixed Vegetables Roll Cabbage & Broccoli Slaw Peaches</p>	<p>29 Chicken Salad Sandwich Cottage Cheese Pineapple Crackers</p>

Milwaukie Center Nutrition Program: 503-654-3030

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