

MARCH 2016 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Nutrition Program:</i> 503-654-3030 <i>Please call before 10 am for Meals on Wheels cancelations</i></p>	<p>1 Sweet & Sour Chicken Rice Peas and Cauliflower Egg Roll Pineapple Chunks Asian Cabbage Salad</p>	<p>2 Linguine Zucchini Roll Pears Almonds</p>	<p>3 Meatloaf & Gravy Mashed Potatoes Brussel Sprouts Apples w/Cranberries Bean Salad Peaches</p>	<p>4 Salmon Quinoa Mixed Vegetables Irish Soda Bread Tropical Fruit Wheat Berry Salad</p> 
<p>7 Chili Cornbread Green Beans Applesauce Cup</p>	<p>8 Chicken Breast w/Gravy Mashed Potatoes Scandinavian Veggies Roll Spinach Salad Blueberries</p>	<p>9 Beef, Rice & Cabbage Casserole Carrots Roll Beet & Orange Salad Pudding</p>	<p>10 Pepperoni Pizza Antipasto Salad Roasted Cauliflower Mandarin Oranges</p>	<p>11 Oatmeal Dried Fruit Turkey Sausage Yogurt</p>
<p>14 Tacos Refried Beans Spanish Rice Salsa Cup</p>	<p>15 Chicken Alfredo Peas & Carrots Garlic Bread Romaine Salad Apricots</p>	<p>16 Quiche Baby Carrots Cheese Crisp Coleslaw Marion Berry Crunch</p>	<p>17 Corned Beef Steamed Potatoes Steamed Red Cabbage Roll Peaches</p> 	<p>18 Baked Potato Broccoli Bean Chili Mixed Green Salad Cottage Cheese</p>
<p>21 Biscuits & Gravy Potatoes O'Brien Spinach and Tomatoes Banana</p>	<p>22 Fish Sandwich Tater Tots Corn & Blueberry Salad Tarter Sauce</p>	<p>23 Green Chili Chicken Casserole Refried Beans Tomato & Mango Salsa Corn Chips</p>	<p>24 Spaghetti Green Beans w/ Mushrooms Roll Three Bean Salad Jell-O</p>	<p>25 Egg Salad Sandwich Pasta Salad Lettuce & Tomato Cabbage & Carrot Salad Pears</p>
<p>28 Kielbasa Oven Fries Oregon Bean Blend Fry Sauce Orange</p>	<p>29 Open Faced Tuscan Sandwich Mandarin Orange & Jicama Salad Baby Carrots Dried Fruit</p>	<p>30 Cuban Beef Rice Peas Roll Green Salad *Birthday Cake/Emeritus</p>	<p>31 Roast Pork Loin Polenta Braised Cabbage Roll Cookie</p>	<p>Join for our Quilt Show on March 18 & 19. No Trillium Lunch or Band. Pete's café is open.</p> 

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.