



Milwaukie Center

JULY 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> 			<p>Join us for our Great American BBQ on July 7th at the Milwaukie Center in the Covered Picnic area. Noon to 1 pm. Sponsored by Bob's Red Mill.</p>	<p>1 Hot Dog on a Bun Chili Spinach & Tomatoes Pasta Salad Blueberries</p>
	<p>5 Baked Salmon Quinoa Collard Greens Roll Mixed Nuts</p>	<p>6 Soft Chicken Taco Zesty Corn & Black Bean Salsa Mexican Rice Sour Cream Tropical Fruit</p>	<p>7 Grilled Chicken Thigh Roasted Vegetables Baked Beans Potato Salad Watermelon</p> <p>*Great American BBQ at the Center.</p>	<p>8 Pulled Pork Slider Tater Tots Mixed Vegetables Coleslaw Pears</p>
<p>11 Oatmeal w/Dried Fruit Chicken Sausage Apples & Marion Berries Yogurt Cup</p>	<p>12 Beef, Rice & Cabbage Casserole Mixed Vegetables Cornbread Wheatberry & Bean Salad Peaches</p>	<p>13 Tuna Salad Sandwich Lettuce & Pickle Pea Salad Cottage Cheese Pineapple</p>	<p>14 Hawaiian Pizza Mixed Vegetables Roasted Brussels Sprouts Broccoli Salad Dried Fruit</p>	<p>15 Baked Potato w/Cheese Broccoli Chili Mixed Green Salad Raspberry Crunch</p>
<p>18 Meatballs Mashed Potatoes w/Gravy Carrots Roll Cookie</p>	<p>19 Beef & Bean Burrito Tomatoes & Mango Spanish Rice Mandarin Oranges</p>	<p>20 Macaroni & Cheese Peas & Carrots Cauliflower Cake Strawberries</p>	<p>21 Spaghetti Green Beans Roll Green Salad Pudding</p>	<p>22 Turkey Sandwich Corn Salad Lettuce & Tomato Fruit Cocktail</p>
<p>25 Beef Stir Fry Yakisoba Noodles Fajita Blend Veggies Egg Roll Orange</p>	<p>26 Parmesan Chicken Breast Polenta Peas Roll Carrot Salad Vanilla Wafers</p>	<p>27 Sloppy Joes Tater tots Corn & Peppers Spinach Salad Cranberries & Almonds</p> <p>Cake from Emeritus — Trillium Room</p>	<p>28 Chicken Salad on Lettuce Beet Salad Crackers Applesauce</p>	<p>29 Strawberry Waffle Turkey Ham Hard Boiled Egg Banana</p>

Milwaukie Center Nutrition Program: 503-654-3030

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