



# Milwaukie Center OCTOBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Fingers Tater Tots Capri Vegetables Stewed Tomatoes & Peppers Juice Cup	4 Pasta Primavera Baby Carrots Garlic Bread Green Salad Peaches	5 Chicken Soft Taco Spanish Rice Beans Mexi Corn Salad Mango & Tomatoes	6 Vegetable Frittata Hash Browns Spinach Mandarin Oranges Cottage Cheese	7 Tuna Salad Sandwich Lettuce & Tomato Crackers Hummus w/Peppers
10 Salmon Filet Couscous Beets Irish Soda Bread Apple	11 Baked Potato w/Cheese Chili Broccoli Spinach Salad Vanilla Wafers	12 Ginger Chicken Crunchy Noodles Mixed Vegetables Egg Roll Fortune Cookies	13 Hamburger on a Bun Sweet Potato Tots Edamame Blend Vegies- Lettuce & Tomato Strawberry Shortcake	14 Cuban Beef Rice Peas Roll Pudding
17 Baked Chicken Thigh Polenta Baked Beans Squash Cookie	18 Salisbury Steak Mashed Potatoes w/ Gravy Green Beans Roll Carrot Salad Fruit Cocktail	19 Baked Ziti Broccoli Garlic Bread Veggie Antipasto Pears	20 Hungarian Goulash Succotash Braised Cabbage Apple Kale Salad Cornbread	21 Baked Cod Quinoa Peas & Cauliflower Roll Broccoli Salad Cake
24 Biscuits & Sausage Gravy Potatoes O'Brien Spiced Apples & Raisins Yogurt Cup	25 Green Chili Casserole Tomatoes & Mangos Pinto Beans Corn Salad Jell-O	26 Vegetable Pizza Oregon Bean Blend Roasted Cauliflower White Bean Dip Bagel Chips	27 Sloppy Joes Sweet Potatoes Roasted Brussels Sprouts Applesauce & Marion Berries	28 Chicken Breast w/Gravy Mashed Potatoes Peas & Carrots Roll Spinach & Cabbage Salad Raspberries & Granola
31 Meatballs w/Gravy Noodles Baby Carrots Roll Banana 	TICKETS GO ON SALE IN THE GIFT SHOP ON 10/28 FOR OUR FAMOUS THANKSGIVING DINNER ON SUNDAY NOVEMBER 20TH 	<p><b>The suggested donation is \$3.00 which covers a portion of the meal's cost. Your donation helps us to be able to provide this service.</b></p> <p><i>Menu is subject to change at any time. To verify the current day's menu, please call the Center at 503-653-8100.</i></p> <p><i>Thank you</i> </p>		