



# Milwaukie Center JANUARY 2017



**NORTH CLACKAMAS**  
PARKS & RECREATION DISTRICT  
MILWAUKIE CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Center Closed—No Meals on Wheels</b></p> 	<p>3 Stuffed Green Pepper Polenta Mixed Vegetables Roll Cookie</p> <p><b>NO TRILLIUM LUNCH</b></p>	<p>4 White Bean, Pork &amp; Potato Stew Baby Carrots Cornbread Mandarin Oranges</p> <p><b>NO TRILLIUM LUNCH</b></p>	<p>5 Parmesan Cod Couscous Scandinavian Veggies Roll Pea Salad Pineapple</p> <p><b>NO TRILLIUM LUNCH</b></p>	<p>6 Chicken Salad Sandwich Cottage Cheese Pineapple Crackers</p> <p><b>NO TRILLIUM LUNCH</b></p>
<p>9 Salisbury Steak Mashed Potatoes Oregon Bean blend Roll Granola Bar</p>	<p>10 Grilled Chicken Fajita Tomatoes &amp; mango Black Beans Lettuce Sour Cream</p>	<p>11 Crab &amp; Scallop Stuffed Sole Rice Pilaf Brussels Sprouts Roll Carrot Slaw Peaches</p>	<p>12 Oatmeal Blueberries Chicken Sausage Lo Fat Yogurt Dried Fruit</p>	<p>13 Cabbage Roll Potatoes O'Brian Roll Applesauce</p>
<p><b>Center Closed—No Meals on Wheels</b></p> 	<p>17 Meatballs w/Mushroom Gravy Mashed Potatoes Peas &amp; carrots Roll Apple</p>	<p>18 Chicken Cacciatore Polenta Broccoli w/Almonds Roll Fruit Cocktail</p>	<p>19 Biscuit &amp; Gravy Spinach &amp; Tomatoes Spiced Apples &amp; Raisins Yogurt Granola w/Almonds</p>	<p>20 Chili Green Beans Cornbread Mixed Salad Apricots</p>
<p>23 Cheese Stuffed Pasta Shells Spinach Zucchini Cookie</p>	<p>24 Mushroom, Olive &amp; Beef Pizza Roasted Cauliflower Beets Romaine Salad Pudding</p>	<p>25 Hamburger on a Bun Baked Beans Roasted Potatoes Lettuce &amp; tomato Coleslaw</p>	<p>26 Tuna Salad Sandwich Pineapple Lettuce, Tomato, Pickle Chips</p>	<p>27 Chicken Stir Fry Yakisoba Noodles Egg Roll Green Beans Orange Salad Fortune Cookie</p>
<p>30 Beef Stroganoff Egg Noodles Broccoli Normandy Roll Orange</p>	<p>31 Chicken Pot Pie Biscuit Corn Spiced Quinoa w/Sweet Potatoes Applesauce w/Berries</p>	<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> 		

**Milwaukie Center Nutrition Program: 503-654-3030**  
5440 SE Kellogg Creek Drive, Milwaukie, OR 97222 [www.milwaukiecenter.com](http://www.milwaukiecenter.com)