

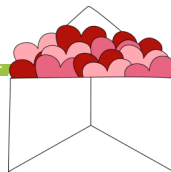


FEBRUARY 2017 MENU

Milwaukie Center Nutrition Program

Mon	Tue	Wed	Thu	Fri
<p>Join us for the same lunch served at the Center at Noon.</p> <p>Transportation is available by calling 503-794-8014</p>	<p>Thank you to Bob's Red Mill for all our baking needs and more.</p> 	<p>1 Stir Fry Yakisoba Noodles Broccoli Egg Roll Beet & Orange Salad Fortune Cookie</p>	<p>2 Burger on a Bun Oven Fries Collard Greens Coleslaw Marion Berry & Apple Crisp</p>	<p>3 Baked Cod w/Lemon Polenta Oregon Bean Blend Roll Bran and Oat Bar</p>
<p>6 Roasted Chicken Basmati Rice Brussels Sprouts Irish Soda Bread Cookie</p>	<p>7 Salisbury Steak w/ Gravy Mashed potatoes Peas Roll Quinoa Salad</p>	<p>8 Cheese Stuffed Pasta Shells w/Marinara Carrots Roll Spinach Salad Strawberry Shortcake</p>	<p>9 Tuscan Turkey Sandwich Pasta Salad Pineapple Jell-O Salad</p>	<p>10 Kielbasa Braised Cabbage Potatoes O'Brien Roll Banana</p>
<p>13 Pancakes Scrambled Eggs Applesauce w/ Cinnamon Granola Bar</p>	<p>14 Pork Roast Sweet Potatoes Braised Cabbage Roll Pea Salad</p> 	<p>15 Turkey Dog on a Bun Baked Beans Spinach & Tomatoes Potato Salad</p>	<p>16 Cheese Pizza Roasted Cauliflower Beets Broccoli Slaw Cake</p>	<p>17 Chicken Cordon Blue Quinoa Mixed Vegetables Garlic Bread Tropical Fruit</p>
<p>PRESIDENT'S DAY</p> <p>CENTER CLOSED NO MEALS ON WHEELS</p> 	<p>21 Chicken Soft Taco Refried Beans Tomato & Mango Salsa Pudding Cup</p>	<p>22 Baked Salmon Couscous Capri Vegetables Kale Romaine Salad *Birthday Cake from Tanner Springs</p>	<p>23 Perogies w/Mushroom Sauce Green Beans Stewed Tomatoes Mandarin Oranges</p>	<p>24 Baked Potato Chili Broccoli Spinach Salad Dried Cranberries and Almonds</p>
<p>27 Spaghetti Squash Garlic Bread Applesauce Cup</p>	<p>28 Cuban Beef w/Rice Roasted Cauliflower Black Beans Cottage Cheese Peaches</p>			<p>DON'T MISS OUR SPAGHETTI DINNER ON FEBRUARY 25TH FROM 4 TO 7 PM. \$7 FOR ADULTS AND \$3.00 FOR KIDS, ALL YOU CAN EAT.</p>

Nutrition Program: 503-654-3030
5440 SE Kellogg Creek Drive
Milwaukie, OR 97222



www.milwaukiecenter.com
Monday-Friday 8:00 am–5 pm
Saturday & Sunday: Closed

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.