



Milwaukie Center Nutrition Program

Mon	Tue	Wed	Thu	Fri
<p>March for Meals is taking place all month long. Make a donation for Meals on Wheels at Bob's Red Mill and he will match it!</p>	<p>Thank you to Bob's Red Mill for all our baking needs and more.</p> 	<p>1 Stir Fry Yakisoba Noodles Egg Roll Zucchini Fortune Cookies</p>	<p>2 Biscuits & Gravy Potatoes O'Brien Spinach & Tomatoes Yogurt</p>	<p>3 Tuna Salad on Lettuce Mandarin Orange Salad White Bean Dip Bagel Chips</p>
<p>6 Stuffed Chicken Breast Quinoa Scandinavian Vegies Roll Juice Cup</p>	<p>7 Chili Cornbread Green Beans Spinach Salad Raspberries & Apples</p>	<p>8 Cabbage Roll Carrots Roll Beet & Orange Salad Tapioca Pudding</p>	<p>9 Pepperoni Pizza Italian Vegetables Roasted Cauliflower Mandarin Oranges</p>	<p>10 Stuffed Green Pepper Polenta Edamame Vegetables Garlic Bread Jell-O</p>
<p>13 Chicken Burrito Refried Beans Spanish Rice Cookie</p>	<p>14 Meatloaf w/Gravy Mashed Potatoes Brussels Sprouts Apples & Cranberries Curried Bean Salad Peaches</p>	<p>15 Frittata Baby Carrots Kale Brown Rice Slaw Marion Berry Crunch</p>	<p>16 Corned Beef Steamed Potatoes Steamed Cabbage Roll Peaches</p>	<p>17 Baked Potato Broccoli Bean Chili Mixed Green Salad Cottage Cheese</p>
<p>20 Meatballs w/Gravy Mashed Potatoes Capri Vegetables Roll Banana</p>	<p>21 Stuffed Pasta Shell Peas & Carrots Garlic Bread Romaine Salad Apricots</p>	<p>22 Beef Taco Refried Beans Tomatoes & Mango Salsa Corn Salad</p>	<p>23 Roast Pork Loin Polenta Braised Cabbage Roll Cookie</p>	<p>24 Egg Salad Sandwich Pasta Salad Lettuce & Tomato Cabbage & Carrot Salad Pears</p>
<p>27 Kielbasa on a Bun Oven Fries Oregon Bean Blend Orange</p>	<p>28 Chicken Au gratin Potatoes Peas Roll Dried Fruit</p>	<p>29 Cuban Beef w/Rice Black Beans Carrots Garden Salad *Cake from Tanner Springs of West Linn</p>	<p>30 Linguine w/Olive Oil & Fresh Herbs Squash Roll Pears Almonds</p>	<p>31 Cod Filet Rice Pilaf Capri Vegetables Irish Soda Bread Tropical Fruit Wheat Berry Salad</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.