



AUGUST 2017 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Nutrition Program: 503-654-3030 Please call before 10 am for Meals on Wheels cancelations</i></p>	<p>1 Chicken Soft Taco Tomatoes & Mangoes Pinto Beans Green Salad Mandarin Oranges</p>	<p>2 Oatmeal w/Dried Fruit Turkey Sausage Link Spiced Apples Mixed Nuts</p>	<p>3 Chicken Noodle Casserole Peas Roll Blueberries Rice Crispy Treat</p>	<p>4 Cabbage Roll Casserole Green Beans Roll Beet Salad</p>
<p>7 Meatballs w/Gravy Mashed Potatoes Braised Cabbage Roll Orange</p>	<p>8 Spaghetti Carrots Garlic Bread Tossed Salad Pudding</p>	<p>9 Baked Chicken Scalloped Potatoes Broccoli Stewed Tomatoes Fruit Cocktail</p>	<p>10 Baked Cod w/Lemon Polenta Peas Soda Bread Cucumber & Tomato Salad Jell-O</p>	<p>11 Pulled Pork Sandwich Tater Tots Swiss Chard Tropical Fruit</p>
<p>14 Mesquite Chicken Rice Zucchini Baked Beans Cookie</p>	<p>15 Stuffed Pepper Couscous Green Beans Roll Bran Bar</p>	<p>16 Macaroni & Cheese Peas Broccoli Normandy Spinach Salad Trail Mix</p>	<p>17 Baked Potato Cheddar Cheese Cauliflower Chili Strawberries Cake</p>	<p>18 Penne Pasta w/Pesto Capri Vegetables Tomatoes w/Peppers Green Salad Marion Berry Crunch</p>
<p>21 Tuna Salad Sandwich Bean Salad Pineapple Chips</p>	<p>22 Biscuit & Gravy Roasted Potatoes Spinach Carrot & Raisin Salad Cottage Cheese</p>	<p>23 Summer Vegetable Stew Corn Roll Pea Salad Blueberries</p>	<p>24 Chicken Caesar Salad Gazpacho Salad Croutons Applesauce</p>	<p>25 Cheese Crepe w/Fruit Canadian Bacon Cranberry Granola Banana</p>
<p>28 Chicken Teriyaki Yakisoba Noodles Edamame Blend Egg Roll Fortune Cookies</p>	<p>29 Hamburger on a Bun Potato Wedges Scandia Blend Vegies Mandarin Orange Salad *Ice Cream Social @MC</p>	<p>30 Salisbury Steak Mashed Potatoes w/ Gravy Peas & Carrots Coleslaw *Tanner Springs Cake</p>	<p>31 Bean & Cheese Burrito Spanish Rice Tomatoes & Mangos Yogurt Dried Fruit & Nuts</p>	



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