



## Milwaukie Center Nutrition Program

Mon	Tue	Wed	Thu	Fri
<p><b>WE ARE</b> <b>Meals On Wheels</b> <i>So no senior goes hungry.</i></p> <p><i>Proudly Serving</i> <i>North Clackamas</i> <i>County</i></p>		<p>1 Chicken &amp; Rice Green Beans Baby Carrots Cottage Cheese Dried Prunes</p>	<p>2 Beef Enchilada Casserole Mexi Corn Spanish Rice Corn Chips Sour Cream</p>	<p>3 Chicken Sausage Braised Cabbage Sweet Potato Tots Broccoli Applesauce</p>
<p>6 Sloppy Joes Asparagus Oven Fries Apple</p>	<p>7 Red Beans and Rice Collard Greens Cornbread Carrot Salad Pudding</p>	<p>8 Breakfast Sandwich Roasted Potatoes Capri Vegetables Beets Pears</p>	<p>9 Lasagna Casserole Zucchini Garlic Bread Cabbage Slaw Jell-O</p>	<p>10 Stuffed Pepper Spinach Roll Mixed Green Salad Spiced Apples</p>
<p>13 Chicken Dijon Rice Brussels Sprouts Stewed tomatoes Orange</p>	<p>14 Baked Salmon Quinoa Peas Roll Broccoli Slaw</p>	<p>15 Beef Stroganoff Tomatoes &amp; Peppers Roll Romaine Salad Fruit Cocktail</p>	<p>16 Cheese Crepe w/Berries Chicken Sausage Oatmeal Yogurt</p>	<p>17 Spaghetti Green Beans Garlic Bread Banana</p>
<p>20 Egg Salad Sandwich Three Bean Salad Tomato &amp; Lettuce Juice Cup</p>	<p>21 Orange Chicken Couscous Broccoli &amp; Cauliflower Spring Roll Asian Slaw Mandarin Oranges</p>	<p>22 Canadian Bacon Pizza Broccoli Carrots Antipasto Salad Pineapple</p>	<p>23 Roasted Pork Roasted Potatoes Cabbage Spiced Apples Cottage cheese Granola</p>	<p>24 Fish Sandwich Scandinavian Veggies Beets Potato Salad Grapes</p>
 <p><b>MEMORIAL</b> <b>DAY</b></p>	<p>28 Baked Potato w/Cheese Chili Broccoli Cookie</p>	<p>29 Salisbury Steak Mashed Potatoes Mixed Veggies Roll Green Salad *Cake from Tanner Springs of West Linn</p>	<p>30 Pasta Shell w/ Marinara Sauce Peas &amp; Carrots Garlic Bread Berry Crunch</p>	<p>31 BBQ Chicken Thigh Baked Beans Sweet Potato Fries Spinach Carrot Salad</p>



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

[www.milwaukiecenter.com](http://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.*