



# Milwaukie Center



# AUGUST 2019 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chickpea & Curry Couscous Stewed Tomatoes Steamed Cabbage Muesli and Yogurt	2 Baked Fish Brown Rice Mixed Vegetables Roll Tropical Fruit
5 Stuffed Pepper Green Beans Roasted Potatoes Orange	6 Baked Chicken Stuffing Broccoli Carrots Fruit Cocktail	7 Spaghetti Zucchini Garlic Bread Tossed Green Salad Pudding	8 Gazpacho Crackers Spiced Apples Beets Carrot Sticks	9 Pulled Pork Sandwich Tater Tots Collard Greens Coleslaw Sliced Peaches
12 Chicken Salad Sandwich Three Bean Salad Cranberries Chips	13 Cheese Pizza Brussels Sprouts Venetian Vegetables Cucumbers & Tomatoes Ranch Dip	14 Roasted Pork Roasted Potatoes Broccoli Normandy Spinach Salad Granola	15 Chili w/Cheese Cauliflower Cornbread Berries Yogurt	16 Open Faced Hot Roast Beef Sandwich w/Gravy Peas Carrots Fruit Salad
19 Mesquite Chicken Rice Vegetable Blend Baked Beans Juice	20 Biscuit and Gravy Roasted Potatoes Spinach Carrot & Raisin Salad	21 Scalloped Potatoes w/Ham Collard Greens Peppers & Onions Mandarin Oranges Beets	22 Pasta Salad Guacamole Chips Applesauce w/Berries	23 Cheese Blintz w/Fruit Canadian Bacon Hash Brown Banana
26 Parmesan Chicken Polenta Edamame Veggies Garlic Bread Cookie	27 Beef Tips and Gravy Noodles Green Beans Roll Corn Salad *Ice Cream Social at The Center 12:30—1:30	28 Breakfast Sandwich Potato Rounds Stewed Tomatoes Peaches Cottage Cheese *Birthday cake from Tanner Springs at the Center	29 Bean & Cheese Burrito Spanish Rice Tomato & Mango Salsa Shredded Lettuce Sour Cream	30 Fish Sandwich Capri Vegetables Sweet Potato Puffs Spinach Salad Cranberry