



Milwaukie Community Center Meals on Wheels

Mon	Tue	Wed	Thu	Fri
Menu is subject to change based on food supply.	Meals on Wheels Office: 503-794-8035 www.NCPRD.com	1 Pizza Venetian Vegetables Steamed Cauliflower Pineapple	2 Hamburger on a Bun Tater Tots Stewed Tomatoes Dried Apricots	3 Chicken Caesar Salad Three Bean Salad Tropical Fruit Cottage Cheese
6 Macaroni & Cheese Collard Greens Roll Bob's Bar	7 Teriyaki Chicken Rice Peas Spring Roll Mandarin Oranges	8 Roasted Pork Broccoli Roasted Potatoes Roll Vanilla Wafers	9 Pasta Salad Curried Bean Salad Peaches Crackers	10 Turkey and Gravy Mashed Potatoes Glazed Carrots Green Beans Cranberry Sauce
13 Breakfast Sandwich Sweet Potatoes Stewed Tomatoes Apple	14 Baked Cod Couscous Roasted Veggies Cornbread Carrot Raisin Salad	15 Chicken Pot Pie Broccoli Beets Brownie	16 Ravioli w/Alfredo Sauce Green Beans Roll Applesauce & Berries	17 Meatloaf w/Gravy Mashed Potatoes Asparagus Stewed Tomatoes Cookie
	21 Tuna Casserole Spinach Roll Pudding	22 Cuban Beef Rice Black Beans Capri Vegetables Green Salad	23 Scrambled Eggs Chicken Sausage Biscuit Yogurt Strawberries	24 Chicken Thigh Brown Rice Peas & Carrots Roll Cranberries and Granola
27 Cauliflower & Beef Hash Brussels Sprouts Roll Orange	28 Polenta Lasagna Spinach Garlic Bread Quinoa Salad	29 Swedish Meatballs Noodles Broccoli Normandy Roll Fruit Cocktail	30 Chicken Strips Brown Rice Edamame Vegetables Carrots Pears	

