

Milwaukie Community Center

JULY 2022 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Hamburger on a Bun Baked Beans Stewed Tomatoes Chips *BBQ at the Center. No Trillium Lunch or Pete's
	5 Waffle w/Syrup Sausage Link Roasted Potatoes Orange	6 Pepperoni Pizza Roasted Cauliflower Stewed Tomatoes Marinated Artichoke Hearts	7 Stuffed Cabbage Mixed Vegetables Cornbread Custard	8 Turkey Sandwich Corn Salad Lettuce & Tomato Yogurt
11 Pulled Pork Sandwich Cabbage Baked Beans Jell-O Cup	12 Tuna Casserole Brussels Sprouts Roll Peaches	13 Egg Salad Sandwich Pineapple Cottage Cheese Potato Salad	14 Chicken Sausage Roasted Potatoes Scandinavian Veggies Spiced Apples Coleslaw	15 Baked Potato Cheddar Cheese Broccoli Chili Sour Cream
18 Meatballs w/Gravy Mashed Potatoes Carrots Roll Cookie	19 Taco Casserole Tomatoes & Mangos Spanish Rice Mandarin Oranges	20 Chicken Caesar Salad Cottage Cheese Tropical Fruit	21 Spaghetti Green Beans Garlic Bread Pudding	22 Biscuits and Gravy Muesli w/Dried Fruit Hard Boiled Egg Fruit Cup
25 Parmesan Chicken w/Marinara Polenta Peas Roll Apple Slices	26 Stir Fry Beef Yakisoba Noodles Bok Choy Spring Roll Carrot Salad	27 Sloppy Joes Potato Wedges Corn & Peppers Strawberries Cake	28 Chicken Cordon Bleu Pesto Pasta Asparagus Capri Vegetables Grapes	29 Salmon w/Dill Sauce Quinoa Spinach Roll Broccoli Salad

Milwaukie Community Center Nutrition Program: 503-794-8035

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