



Milwaukie Community Center



September 2022 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Macaroni & Cheese Stewed Tomatoes Corn Cookie	2 Chinese Pork Fried Rice Spring Roll Mixed Vegetables Asian Snack Mix
	6 Twice Baked Potato Spinach Beets Orange Juice CENTER CLOSED Meals on Wheels Open	7 Waffle w/Berries Hard Boiled Egg Chicken Sausage Yogurt CENTER CLOSED Meals on Wheels Open	8 Corned Beef Braised Cabbage Red Potatoes Carrots Pears CENTER CLOSED Meals on Wheels Open	9 Baked Chicken Rice Asparagus Cornbread Berry Crunch CENTER CLOSED Meals on Wheels Open
	12 Stuffed Chicken Breast Polenta Cauliflower Roll Apple 	13 Hamburger on a Bun Sweet Potato Tots Capri Vegetables Corn Salad 	14 Tuna Salad on Greens Pasta Salad Cottage Cheese Mandarin Oranges	15 Turkey Loaf w/Gravy Stuffing Stewed Tomatoes Roll Carrot Raisin Salad
19 Stuffed Pasta Shell Baby Carrots Roll Banana	20 Chicken Caesar Salad Three Bean Salad Croutons Peaches Granola 	21 Beef Stir Fry Yakisoba Noodles Snow Peas Spring Roll Fortune Cookie	22 BBQ Chicken Roasted Vegetables Baked Beans Green Salad 	23 Baked Fish Lemon Herb Rice Peas & Carrots Roll Melon
26 Baked Ham w/Glaze Sweet Potatoes Spinach Roll Bob's Bar 	27 Turkey Sandwich Fruit Salad Broccoli Salad Applesauce 	28 Chickpea Curry Brown Rice Brussel Sprouts Spiced Apples Vanilla Wafers 	29 Meatballs w/Gravy Mashed Potatoes Green Beans Roll Custard	30 Taco Salad Brown Rice Salad Mandarin Oranges Tomato & Cucumbers