





Milwaukie Community Center OCTOBER 2022 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
3 Pork Fritters w/ Mushroom Sauce Peas Roll Apple	4 Chili Roasted Potatoes Broccoli Strawberries Cake	5 Ginger Chicken Brown Rice Asian Blend Veggies Egg Roll Fortune Cookie	6 Salmon Filet Couscous Edamame Vegetables Roll Pudding	7 Hot Dog on a Bun Sweet Potato Tots Three Bean Blend Coleslaw 
10 Tortellini w/ Marinara Spinach Garlic Bread Fresh Pear	11 Baked Chicken Rice Butternut Squash Roll Fruit Cocktail	12 Turkey Sandwich Broccoli Salad Veggie Pasta Salad Chips 	13 Salisbury Steak w/Gravy Mashed Potatoes Corn Zucchini Applesauce & Berries	14 Cod Quinoa Pes and Cauliflower Roll Brownie
17 Beef & Cabbage Casserole Baby Carrots Spinach Mixed Nuts	18 Open Faced Tuna Melt Oven Fries Stewed Tomatoes Bean Salad 	19 Pork Curry Rice Peas and Carrots Sweet Potatoes Spinach Salad Dried Cranberries	20 Mexican Casserole Braised Cabbage Cornbread Tropical Fruit	21 Pizza Oregon Bean Blend Roasted Cauliflower Artichoke Hearts
24 Meatballs w/Gravy Mashed Potatoes Capri Vegetables Roll Orange	25 Chicken Fettucine Kale Garlic Bread Mixed Berries	26 Breakfast Casserole Spiced Apples Potatoes O'Brien Cottage Cheese Grapes	27 Soft Chicken Taco Spanish Rice Beans Tomatoes & Mangoes	28 Cheesy Quinoa Casserole Baby Carrots Garlic Bread Peaches
31 Pork Chop w/Gravy Mashed Potatoes Green Beans Roll Yogurt 				<p>Suggested donation is \$3.00 per meal. Your donation for the meal keeps them wheeling.</p>