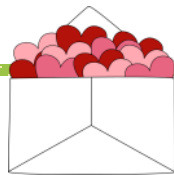




FEBRUARY 2023 MENU

Milwaukie Community Center Nutrition Program

Mon	Tue	Wed	Thu	Fri
<p>Join us for the same lunch served at the Center at Noon.</p> <p>Transportation is available by calling 503-794-8014</p>	<p>Thank you to Bob's Red Mill for all our baking needs and more.</p> 	<p>1 Corned Beef Braised Cabbage Roasted Potatoes Roll Strawberries Cake</p>	<p>2 Butternut Squash Ravioli w/Alfredo Sauce Spinach Stewed Tomatoes Mandarin Oranges</p>	<p>3 Scalloped Potatoes w/ Ham Brussel Sprouts Oregon Bean Blend Apricots</p>
<p>6 French Toast Sticks Hard Boiled Egg Muesli Juice Cup</p>	<p>7 Pork Loin Sweet Potatoes w/ Cranberries Braised Cabbage Cornbread Apple Cup</p>	<p>8 Hot Dog on a Bun Baked Beans Spinach w/Tomatoes Potato Salad</p>	<p>9 Cheese Pizza Roasted Cauliflower Beets Broccoli Slaw</p>	<p>10 Chicken Casserole Quinoa Mixed Vegetable Dried Cherries & Walnut Cup</p>
<p>13 Crab Cake w/ Sweet Red Pepper Sauce Brown Rice Normandy Vegetable Garlic Bread Carrot Sticks</p>	<p>14 Parmesan Chicken w/ Marinara Pasta Green Beans Baby Carrots Pears</p> 	<p>15 Meatloaf w/ Gravy Mashed Potatoes Kale Roll Bran Bar</p>	<p>16 Open Face Tuscan Turkey Sandwich w/ Spinach Pasta Salad Pea Salad Banana</p>	<p>17 Chicken Soft Taco Refried Beans Mexi Corn Pineapple</p>
<p>PRESIDENT'S DAY</p> <p>CENTER CLOSED NO MEALS ON WHEELS</p> 	<p>21 Pork Stir Fry w/ Broccoli, Onions & Peppers Brown Rice Baby Corn Spring Roll Fortune Cookie</p>	<p>22 Chicken Caesar Salad Croutons Three Bean Salad Carrot Salad Apple Crisp</p>	<p>23 Sloppy Joe w/Bun Oven Fries Collard Greens Mandarin Oranges</p>	<p>24 Poached Salmon w/ Hollandaise Cous Cous Asparagus Roll Lemon Pudding</p>
<p>27 Chicken Breast w/ Gravy Mashed Potatoes Brussel Sprouts Cauliflower Cookie</p>	<p>28 Breakfast Sandwich Potato Rounds Spiced Apples Yogurt Berries</p>			



Nutrition Program: 503-794-8035
5440 SE Kellogg Creek Drive
Milwaukie, OR 97222

www.milwaukiecenter.com
Monday-Friday 8:00 am—4 pm
Saturday & Sunday: Closed

Menu is subject to change at any time. To verify the current days choice, please feel free to call the center at 503-653-8100.