



# Milwaukie Community Center January 2023 MENU



**NORTH CLACKAMAS**  
MILWAUKIE CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cabbage Roll Potatoes Capri Vegetable Roll Applesauce	3 Chicken Caesar Salad Croutons Bean Salad Yogurt Pineapple	4 Cod Filet w/ Lemon & Dill Rice Brussel Sprouts Baby Carrots Peach Crisp	5 Turkey Loaf w/ Mashed Potatoes & Gravy Broccoli Roll Cookie	6 Spanish Rice w/ Beef Caserole Black Beans Cornbread Coleslaw
9 Cheese Blintz w/Berries Chicken Sausage Potato Rounds Orange	10 Meatballs w/Mashed Potatoes & Mushroom Gravy Peas & Carrots Roll Pudding	11 Hot Dog Spinach and Tomatoes Roasted Potatoes Prunes	12 Chicken Stir Fry Yakisoba Noodles Spring Roll Vegetable Fortune Cookie	13 Vegetarian Chili Broccoli Blend Cornbread Apricots
	17 Sausage & Mushroom Pizza Cauliflower Beets Banana	18 Hamburger Baked Beans Sweet Potato Tots Shredded Lettuce Tomato Slice Broccoli Slaw	19 Tuna Casserole Carrots Roll Orange Slices Berries	20 Beef Tips w/Mashed Potatoes & Gravy Peas Squash Fruit Cocktail
23 Spaghetti w/Meat Sauce Broccoli Garlic Bread Jell-O Cup	24 Roasted Chicken Thigh Brown Rice Spiced Quinoa & Sweet Potatoes Spinach Applesauce & Berries	25 Shepherd's Pie Cauliflower Roll Mandarin Oranges	26 Egg Salad Sandwich Pasta Salad Cottage Cheese Pineapple	27 Salmon Rice Asparagus Stewed Tomatoes Pudding
30 Chicken Parmesan Penne w/Tomato Sauce Vegetables Garlic Toast Apple	31 Hungarian Goulash Kale Roll Cabbage Salad	 <p><b>Bob's Red Mill</b> To Your Good Health <i>Bob Moore</i></p> <p style="text-align: right;"><i>Thank you</i></p>		