



# MARCH 2023 MENU



**Milwaukie Community Center Nutrition Program**

		Wed	Thu	Fri
		1 Pork Tenderloin Brown Rice Asparagus Carrots Mandarin Oranges	2 Black Bean Chili Collard Greens Cornbread Peaches	3 Ham Sandwich Pasta Salad Mixed Fruit Salad Kale Salad w/ Walnuts
6 BBQ Beef Rice Steamed Cabbage Spiced Apples Orange	7 Chicken Mac & Cheese Peas Baby Carrots Apricot Halves	8 Spinach & Cheese Frittata Stewed Tomatoes Yellow Squash Yogurt	9 Meatloaf Mashed Potatoes & Gravy Vegetable Blend Roll Tropical Fruit	10 Fish Sandwich Brussel Sprouts Tater Tots Lettuce & Pickles
13 Pancakes w/ Peanut Butter Chicken Sausage Hasbrown Banana	14 Bean & Barley Stew Cauliflower Spinach w/ Tomatoes Fruit Cocktail	15 Lasagna Casserole Vegetable Blend Garlic Toast Melon	16 Citrus Chicken Rice Broccoli Carrots Grapes	17 Corned Beef Cabbage Potatoes Roll Jello Salad 
20 Chicken Enchilada Casserole Black Beans Mexi Corn	21 Open Faced Hot Turkey Sandwich Green Beans Stewed Tomatoes Rice Pudding	22 Edamame & Veggie Stir Fry Rice Baby Corn Spring Roll Mandarin Oranges	23 Chicken Chili Cornbread Spinach Cottage Cheese	24 Egg Salad Sandwich 3 Bean Salad Coleslaw Chips
27 Cod Filet Couscous Broccoli Normandy Roll Orange	28 Chicken Cacciatore Pasta Zucchini Mashed Cauliflower Apple & Cranberry	29 Pork Chop Stuffing Spiced Apples Spinach Bran & Berry Bar	30 Turkey Patty Mashed Potatoes Gravy Green Beans Roll Broccoli Salad	31 Kielbasa Bell Peppers & Onions Kale Corn & Peas Pears

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



[www.milwaukiecenter.com](http://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.*