



AUGUST 2023 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Nutrition Program: 503-794-8035</i></p> <p><i>Please call before 9:45 am for Meals on Wheels cancellations</i></p>	<p>1 Stuffed Pepper Casse- role Green Beans Roll Fruit Cocktail</p>	<p>2 Salmon Burger on Bun Tater Tots Collard Greens Sliced Peaches</p>	<p>3 Tuna Salad on Lettuce 3 Bean Salad Cranberries Beet Salad</p>	<p>4 Chicken & Rice Bake Zucchini Garlic Bread Pudding</p>
<p>7 Chicken Chili Cauliflower Cornbread Cookie</p>	<p>8 Sausage & Black Olive Pizza Brussel Sprouts Venetian Vegetables Quinoa & Vegetable Sal- ad</p>	<p>9 Roasted Pork Scalloped Potatoes Broccoli Normandy Roll Applesauce</p>	<p>10 Asian Chicken Salad Crackers Spiced Apples Yogurt</p>	<p>11 Roast Beef Sandwich Potato Salad Fruit Salad Snack Carrots</p>
<p>14 Mesquite Chicken Rice Vegetable Blend Baked Beans Juice</p>	<p>15 Biscuits & Gravy Roasted Potatoes Spinach Carrot & Raisin Salad</p>	<p>16 Kielbasa w/ Bun Asparagus Sauerkraut Mixed Fruit</p>	<p>17 Mexican Pasta Salad Guacamole Applesauce w/ Berries Multigrain Tortilla Chips</p>	<p>18 Cheese Blintz w/ Fruit Chicken Sausage Hashbrown Patty Mandarin Oranges</p>
<p>21 Meatloaf w/ Mashed Potato & Gravy Green Beans Carrots Snack Mix</p>	<p>22 Baked Cod Quinoa Broccoli Roll Blueberries</p>	<p>23 Chicken Parmesan Polenta Edamame Vegetable Blend Garlic Bread Pears</p>	<p>24 Bean & Cheese Burrito Spanish Rice Tomatoes & Mangoes Corn Salad</p>	<p>25 Fish Sandwich Capri Vegetables Sweet Potato Puffs Apple Slices</p>
<p>28 Beef Taco Rice Mexi Corn w/ Toma- toes Granola Bar</p>	<p>29 Salmon Couscous Stewed Tomatoes Steamed Cabbage Berries</p>	<p>30 Chicken Patty w/ Bun French Fries Peas Fruit</p>	<p>31 Pineapple Teriyaki Chicken Rice Sweet Potato Onions & Peppers Coconut Cream Puding</p>	<p>Delivery is between 10:30 and 1 pm.</p>



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