



# NOVEMBER 2023 MENU

## Milwaukie Community Center Nutrition Program

Mon	Tue	Wed	Thu	Fri
<p>Please call by 9:45 AM for cancellations. Meal Delivery is 10:30 AM to 1:00 PM.</p>		<p>1 Tuna &amp; Noodle Casserole Stewed Tomatoes Roll Cottage Cheese</p>	<p>2 Hamburger Baked Beans Roasted Brussel Sprouts Berry Crunch</p>	<p>3 Ham &amp; Cheese Omelette Roasted Potatoes Oatmeal w/Dried Fruit Banana Pudding</p>
<p>6 Chicken Soft Taco Refried Beans Fiesta Corn Orange</p>	<p>7 Country Fried Steak w/Gravy Mashed Potatoes Spinach Biscuit Dried Apricots</p>	<p>8 Pasta w/Red Sauce Green Beans Garlic Bread Mixed Fruit</p>	<p>9 Ham &amp; Cheese Sandwich Pasta Salad Carrot Raisin Salad Tropical Fruit</p>	
<p>13 Tamale Pie Brussel Sprouts Black Beans Cookie</p>	<p>14 Pork Curry Brown Rice Capri Vegetables Roll Coleslaw</p>	<p>15 Spaghetti w/ Meat Sauce Asparagus Garlic Bread Pineapple</p>	<p>16 Kielbasa Collard Greens Red Lentils Corn Bread Pudding</p>	<p>17 Grilled Chicken Breast Couscous Spiced Apples Beets Bran Bar</p>
<p>20 Turkey &amp; Gravy Mashed Potato Stuffing Green Beans Pumpkin Cake</p>	<p>21 Chicken Caesar Salad Croutons Fruit Salad Cucumber Salad Snack Carrots</p>	<p>22 Linguini w/Pesto Spinach &amp; Tomatoes Garlic Bread Pears</p>		
<p>27 Stuffed Sole Rice Country Vegetables Roll Apple Snack Pack</p>	<p>28 Cauliflower &amp; Ground Beef Hash Peas &amp; Carrots Blueberry Bar Mandarin Oranges</p>	<p>29 Vegetarian Chili Green Beans Biscuit Blueberries</p>	<p>30 Chicken Breast Brown Rice Spinach Roll Apple Cranberries</p>	<p>Thanksgiving Sunday Dinner on November 19th. Tickets on sale at the front desk or online.</p>

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

