
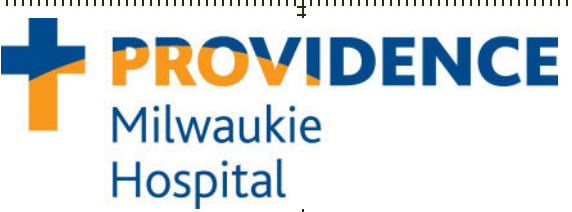


# JANUARY 2024 MENU

Please call to cancel your meal by 9:45 am. 503-794-8035

Monday	Tuesday	Wednesday	Thursday	Friday
Center Closed - No Meals on Wheels  	<b>2</b> Chicken Caesar Salad Croutons Three Bean Salad Yogurt Pineapple	<b>3</b> Cod Filet w/Lemon &Dill Rice Brussel Sprouts Baby Carrots Peach Crisp	<b>4</b> Turkey Loaf & Gravy Mashed Potatoes Broccoli Roll Gingersnaps	<b>5</b> Spanish Rice w/ Beef Black Beans Cornbread Coleslaw
<b>8</b> Cheese Blintz w/Berries Chicken Sausage Potato Rounds Orange	<b>9</b> Meatballs w/Mushroom Gravy Mashed Potatoes Peas & Carrots Roll Pudding	<b>10</b> Hot Dog Spinach & Tomatoes Roasted Potatoes Dried Prunes	<b>11</b> Chicken Stir Fry Yakisoba Noodles Veggie Spring Rolls Vegetables Fortune Cookies	<b>12</b> Vegetarian Chili Broccoli Normandy Cornbread Apricots
Center closed. No Meals on Wheels  	<b>16</b> Sausage & Mushroom Pizza Cauliflower Beets Banana	<b>17</b> Hamburger Baked Beans Sweet Potato Tots Broccoli Slaw	<b>18</b> Tuna Noodle Bake Carrots Roll Orange Slices	<b>19</b> Beef Tips w/Gravy Mashed Potatoes Peas Squash Fruit Cocktail
<b>22</b> Spaghetti w/Meat Sauce Broccoli Garlic Bread Jell-O Cup	<b>23</b> Roasted Chicken Thigh Brown Rice Quinoa & Sweet Pota- toes Spinach Applesauce & Berries	<b>24</b> Shepherd's Pie Cauliflower Roll Mandarin Oranges	<b>25</b> Egg Salad Sandwich Pasta Salad Cottage Cheese Pineapple	<b>26</b> Salmon Filet Brown Rice Asparagus Stewed Tomatoes Pudding
<b>29</b> Chicken Parmesan Penne w/Tomato Sauce Vegetables Garlic Toast Apple	<b>30</b> Pork Loin Brown Rice Kale Stewed Tomatoes Cabbage Salad	<b>31</b> Cabbage Roll Potatoes w/Onions & Peppers Capri Vegetables Roll Applesauce		

Milwaukie Center Nutrition Program: 503-794-8035

5440 SE Kellogg Creek Drive, Milwaukie, OR 97222. [www.milwaukiecenter.com](http://www.milwaukiecenter.com)