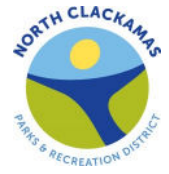




Milwaukie Community Center Nutrition Program



MAY 2024 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Nutrition Program: 503-794-8035 Please call by 9:45 am for Meals on Wheels cancellations</i></p>		<p>1 Breakfast Bake Roasted Potatoes Capri Vegetable Raisin Bran Bar</p>	<p>2 Chicken Taco Refried Beans Mexi Corn Churro Crackers</p>	<p>3 Stuffed Peppers Spinach Roll Pears</p>
<p>6 Spaghetti w/Meat Sauce Zucchini Garlic Toast Biscotti Cookie</p>	<p>7 Baked Cod Quinoa Peas Roasted Potatoes Kale Slaw</p>	<p>8 Beef Stroganoff Noodles Stewed Tomatoes Brussel Sprouts Fruit Cocktail</p>	<p>9 Belgian Waffle w/Berries Chicken Sausage Oatmeal Yogurt</p>	<p>10 Chicken & Rice Bake Green Beans w/Sweet Peppers Carrots Apple Slices</p>
<p>13 Egg Salad Sandwich 3 Bean Salad Pea Salad Granola Bar</p>	<p>14 Moroccan Chicken Couscous Broccoli & Cauliflower Carrots Sesame Cabbage Slaw</p>	<p>15 Tuna Bake Zucchini Roll Pineapple</p>	<p>16 Roasted Pork Braised Cabbage Roasted Potatoes Spiced Apples Granola</p>	<p>17 Breaded Fish Filet Sandwich Scandinavian Vegeta- bles Beets Coleslaw</p>
<p>20 Beef & Broccoli Stir fry Rice Baby Corn Spring Rolls Fortune Cookies</p>	<p>21 Baked Potato w/Cheese Vegetarian Chili Broccoli Carrot & Raisin Salad</p>	<p>22 Salisbury Steak Mashed Potatoes & Gravy Mixed Vegetables Roll Cottage Cheese</p>	<p>23 Florentine Pasta Shell w/Marinara Peas & Carrots Garlic Toast Berry Crunch</p>	<p>24 BBQ Chicken Thigh Baked Beans Sweet Potato Tots Spinach Dried Fruit</p>
	<p>28 Baked Salmon Rice Pilaf Asparagus Roll Orange</p>	<p>29 Lasagna Bake Normandy Vegetable Blend Garlic Toast Caesar Salad Slaw (Thelma's 100th B-Day!)</p>	<p>30 Sloppy Joes Tater Tots Peas Fruit Salad</p>	<p>31 Pepperoni Pizza Broccoli Carrots Peaches</p>

Milwaukie Community Center Nutrition Program: 503-794-8035
 5440 SE Kellogg Creek Drive, Milwaukie, OR 97222
www.ncprd.com/Milwaukie-center