

Milwaukie Community Center



AUGUST 2024 MENU

Meals on Wheels Delivery 10:30am-1pm

Monday	Tuesday	Wednesday	Thursday	Friday
		Nutrition Program: 503-794-8035 Please call by 9:45 am For Meals on Wheels Cancelations.	1 Tuna Salad on Lettuce 3 Bean Salad Dried Cranberries Beet Salad	2 Chicken & Rice Bake w/ Cheese Zucchini Garlic Bread Pudding
5 Chicken Chili Cauliflower Cornbread Cookie	6 Sausage & Black Olive Pizza Brussel Sprouts Venetian Vegetable Blend Quinoa Salad	7 Roasted Pork Scalloped Potatoes Broccoli Normandy Roll Applesauce	8 Asian Chicken Salad Crackers Spiced Apples Yogurt	9 Roast Beef Sandwich Potato Salad Fruit Salad Snack Carrots
12 Mesquite Chicken Rice Vegetable Blend Baked Beans Juice	13 Biscuit & Sausage Gravy Roasted Potatoes Spinach Carrot & Raisin Salad	14 Kielbasa on a Bun Asparagus Sauerkraut Mixed Fruit	15 Pasta Salad Guacamole Applesauce w/Berries Multigrain Tortilla Chips	16 Cheese Blintz w/Fruit Chicken Sausage Hash brown Patty Mandarin Oranges
19 Meatloaf w/Mashed Potatoes & Gravy Green Beans Carrots Snack Mix	20 Baked Cod Quinoa Broccoli Roll Blueberries	21 Parmesan Chicken Polenta Edamame Vegetable Blend Garlic Bread Pears	22 Bean & Cheese Burrito Spanish Rice Tomato & Mango Salsa Corn Salad	23 Fish Sandwich Capri Vegetables Sweet Potato Puffs Apple Slices
26 Beef Taco Beans Corn w/Tomatoes Granola Bar	27 Salmon Couscous Stewed Tomatoes Steamed Cabbage Berries	28 Chicken Patty on Bun French Fries Peas Mixed Fruit	29 Pineapple Chicken Teriyaki Rice Sweet Potato Onions & Peppers Coconut Cream Pudding	30 Country Bake Spiced Apples Collard Greens Coleslaw

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5440 SE Kellogg Creek Drive, Milwaukie, OR 97222 www.ncprd.com/milwaukie-center