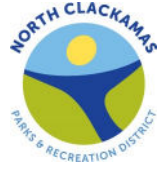




**Milwaukie Community Center
Nutrition Program**



**Nutrition Program:
503-794-8035
Please call by 9:45 am
For Meals on Wheels
Cancellations**

JULY 2024 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Waffle w/Syrup Chicken Sausage Roasted Potatoes Orange	2 Stuffed Pepper Mixed Vegetable Roll Custard	3 Pepperoni Pizza Roasted Cauliflower Stewed Tomatoes Marinated Artichoke Hearts		5 Turkey Sandwich Corn Salad Lettuce & Tomato Yogurt
8 Pulled Pork Sandwich Cabbage Baked Beans Jell-O Cup	9 Tuna Bake Brussel Sprouts Roll Peaches	10 Egg Salad Sandwich Pineapple Cottage Cheese Potato Salad	11 Hot Dog w/Bun Tater Tots Baked Beans Jello Fruit Salad MCC Great American BBQ 11:45	12 Salmon Burger Broccoli Stewed Tomatoes Potato Salad
15 Meatballs Mashed Potatoes & Gravy Carrots Roll Cookie	16 Chicken Taco Black Beans Spanish Rice Tomato & Mango Salsa	17 Chicken Caesar Salad Croutons Cottage Cheese Tropical Fruit	18 Spaghetti w/Italian Sausage & Marinara Green Beans Garlic Bread Pudding	19 Cheese Blintz w/ Berries Oatmeal w/Dried Fruit Hard Boiled Egg Mixed Fruit
22 Parmesan Chicken Breast w/Marinara Polenta Peas Roll Apple Slices	23 Beef w/Stir Fry Vegetables Yakisoba Noodles Bok Choy Spring Roll Sesame Carrot Salad	24 Sloppy Joes w/Ground Chicken Potato Wedges Corn & Peppers Strawberries	25 Chicken Cordon Bleu Pasta w/Pesto Asparagus Capri Vegetables Grapes	26 Poached Salmon w/ Dill & Lemon Butter Quinoa Spinach Roll Broccoli Salad
29 Cheeseburger w/Bun French Fries Ranch Beans Oranges	30 Vegetarian Chili Kale Biscuit Coleslaw	31 Shrimp & Grits Asparagus Cornbread 3 Bean Salad		

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