

Milwaukie Community Center

September 2024 Menu



Monday	Tuesday	Wednesday	Thursday	Friday	
	3 Twice Baked Potato Spinach Beets Orange Juice	4 Waffle w/Berries Hard Boiled Egg Chicken Sausage Low Fat Yogurt	5 Corned Beef Braised Cabbage Red Potatoes Carrots Pears	6 Baked Chicken Rice Asparagus Stewed Tomatoes Berries & Granola	
9 Seasoned & Shredded Pork Polenta Cauliflower Peas & Carrots	10 Hamburger Sweet Potato Tots Capri Vegetable Corn Salad	11 Tuna Salad Sandwich Chickpea Salad Cottage Cheese Mandarin Oranges	12 Turkey Loaf w/Gravy Stuffing Stewed Tomatoes Green Beans Carrot Raisin Salad	13 Chili Con Carne Broccoli Cornbread Coleslaw	
16 Florentine Stuffed Pasta Shells w/Marinara Baby Carrots Garlic Toast Banana	17 Chicken Caesar Salad w/Croutons Three Bean Salad Peaches Granola	18 Beef & Broccoli Stir Fry Yakisoba Noodles Vegetable Blend Veggie Spring Roll Fortune Cookie	19 BBQ Chicken Roasted Vegetables Baked Beans Potato Salad	20 Baked Fish Lemon & Herb Rice Vegetable Normandy Roll Melon Cup	
23 Baked Ham Sweet Potatoes Spinach Roll Nuts	24 Turkey Sandwich Fruit Salad Coleslaw Applesauce	25 Pork Curry w/Brown Rice Brussel Sprouts Spiced Apples Vanilla Wafers	26 Chicken Meatballs w/Gravy Mashed Potatoes Green Beans Carrots Custard	27 Beef Taco Salad Black Bean Salad Guacamole Tomato & Cucumbers	
30 Chicken Fingers Sweet Potato Fries Peas Chuck Wagon Corn Apple Slices	Please call by 9:45 am for Meals on Wheels Cancellations.			Nutrition Program: 503-794-8035	<i>Suggested donation is \$3.00 per meal. Your donation for the meal keeps them wheeling.</i>