

OCTOBER 2024 MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>Nutrition Program: 503-794-8035 Please call before 9:45 am for Meals on Wheels cancelations</p> | <p>1 Vegetarian Chili Roasted Potatoes Broccoli Strawberries</p> | <p>2 Sweet & Sour Chicken Brown Rice Asian Blend Vegetables Egg Roll</p> | <p>3 Salmon Filet Couscous Edamame Vegetable Blend Roll Pudding</p> | <p>4 Hot Dog on a Bun Sweet Potato Tots Three Bean Blend Vegetable Coleslaw</p> |
| <p>7 Cheese Tortellini w/ Marinara Spinach Garlic Bread Fresh Pear</p> | <p>8 Baked Chicken Thigh Rice Roasted Butternut Squash Kale Fruit Cocktail</p> | <p>9 Turkey Sandwich Broccoli Salad Veggie Pasta Salad Chips</p> | <p>10 Salisbury Steak w/ Gravy Mashed Potatoes Corn Zucchini Applesauce & Berries</p> | <p>11 Cod Filet Quinoa Peas & Cauliflower Roll Mandarin Oranges</p> |
| <p>14 Beef & Cabbage Bake Baby Carrots Roll Mixed Nuts</p> | <p>15 Fish Sandwich Oven Fries Stewed Tomatoes Bean Salad</p> | <p>16 Pork Curry Rice Peas & Carrots Sweet Potatoes Cranberries & Almonds</p> | <p>17 Red Beans & Rice Braised Cabbage Cornbread Tropical Fruit</p> | <p>18 Chicken, Bacon, & Garlic Pizza Oregon Bean Blend Roasted Cauliflower Marinated Artichoke Hearts</p> |
| <p>21 Meatballs & Gravy Mashed Potatoes Capri Vegetables Stewed Tomatoes Orange</p> | <p>22 Fettucine Chicken Alfredo Kale Garlic Bread Mixed Berries</p> | <p>23 Scrambled Egg Bake Spiced Apples Potatoes O'Brien Cottage Cheese</p> | <p>24 Chicken Soft Taco Spanish Rice Beans Tomato Mango Salsa</p> | <p>25 Cheesy Quinoa & Veggie Bake Baby Carrots Roll Peaches</p> |
| <p>28 Chicken Cordon Bleu Rice Pilaf Asparagus Yogurt</p> | <p>29 Pork Tenderloin w/ Mushroom Gravy Peas Roll Applesauce</p> | <p>30 French Onion Chicken Bake Green Beans Carrots Grapes</p> | <p>31 Goulash Spinach Garlic Toast Brownie</p> |  |