



**Milwaukie Community Center Nutrition Program**

Mon	Tue	Wed	Thu	Fri
<p><b>Nutrition Program:</b> <b>Please call before 9:45 am for Meals on Wheels Cancellations</b></p>	<p><b>503-794-8035</b></p>		<p>2 Turkey Loaf &amp; Gravy Mashed Potatoes Broccoli Roll Gingersnaps</p>	<p>3 Spanish Rice w/Beef Black Beans Cornbread Coleslaw</p>
<p>6 Cheese Blintz w/ Berries Chicken Sausage Potato Rounds Orange</p>	<p>7 Meatballs w/ Mushroom Gravy Mashed Potatoes Peas &amp; Carrots Roll Pudding</p>	<p>8 Hot Dog on a Bun Spinach &amp; Tomatoes Roasted Potatoes Dried Prunes</p>	<p>9 Chicken Stir Fry Yakisoba Noodles Spring Roll Vegetable Blend Mandarin Oranges</p>	<p>10 Vegetarian Chili Broccoli Normandy Cornbread Peaches</p>
<p>13 Spaghetti w/ Meat Sauce Broccoli Garlic Bread Jell-O Cup</p>	<p>14 Sausage &amp; Mushroom Pizza Cauliflower Beets Tropical Fruit</p>	<p>15 Hamburger on a Bun Baked Beans Sweet Potato Tots Broccoli Slaw</p>	<p>16 Tuna Bake Carrots Roll Apple Slices</p>	<p>17 Beef Tips w/Gravy Mashed Potatoes Peas Squash Fruit Cocktail</p>
	<p>21 Roasted Chicken Brown Rice Spiced Quinoa &amp; Sweet Potatoes Spinach Applesauce Cup</p>	<p>22 Shepherd's Pie Cauliflower Roll Mixed Fruit</p>	<p>23 Egg Salad Sandwich Pasta Salad Cottage Cheese Pineapple</p>	<p>24 Salmon Filet Brown Rice Asparagus Stewed Tomatoes Pudding</p>
<p>27 Chicken Parmesan Penne w/ Tomato Sauce Italian Vegetables Garlic Toast Apple</p>	<p>28 Pork Loin Brown Rice Kale Stewed Tomatoes Cabbage Salad</p>	<p>29 Cabbage Roll Potatoes O'Brien Capri Vegetables Roll Pears</p>	<p>30 Cod Filet w/Dill Rice Pilaf Brussel Sprouts Baby Carrots Brownie</p>	<p>31 Chicken Caesar Salad Croutons Three Bean Salad Yogurt Pineapple</p>

**Milwaukie Community Center**

**Nutrition Program:**

**503-794-8035**

**5440 SE Kellogg Creek Drive**

**Milwaukie, OR 97222**

**[www.ncprd.com/milwaukie-center](http://www.ncprd.com/milwaukie-center)**

**Lunch at the Center is :**

**Monday-Friday**

**11:45 am-12:30 pm**

**Saturday & Sunday: Closed**