

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">OREGON CASCADES WEST MEALS ON WHEELS OCTOBER 2019</p>	<p>Hearty Turkey Stew or <u>Western Goulash</u> Lima Beans Garden Vegetable Salad Dill Roll Peach Cobbler</p> <p align="right">1</p>	<p>White Bean Chicken Chili or <u>Zucchini Vegt Lasagna</u> Broccoli Country Coleslaw French Roll Lemon Pudding</p> <p align="right">2</p>	<p>Chicken & Vegetable Stir Fry w/Brown Rice or <u>Western Pork Stew</u> Green Peas Tossed Salad Seven Grain Roll Banana Chocolate Chip Bar</p> <p align="right">3</p>	<p>Teriyaki Chicken Sandwich or <u>Kielbasa Sausage / Kraut</u> on a Bun Yellow Mustard Baked Beans Mixed Vegetables Applesauce</p> <p align="right">4</p>
<p><u>Baked Beef Rigatoni or Sweet/Sour Chicken w/Brown Rice</u> Green Beans Marinated Vegetable Salad Whole Wheat Roll Apple Crisp</p> <p align="right">7</p>	<p>Herbed Chicken Patty/Gvy or <u>Roast Pork w/Gravy</u> Whipped Potatoes Italian Blend Vegetables Squash Bread Banana Pudding</p> <p align="right">8</p>	<p>Lemon Herb Chicken or <u>BBO Smokehouse Chop</u> Lyonnaise Potatoes Whole Kernel Corn Oat Bran Bread Peanut Butter Bar</p> <p align="right">9</p>	<p><u>Brunch for Lunch</u> Broccoli Omelet Bake or <u>Pork Sausage Gravy</u> Biscuit Mixed Vegetables Romaine Iceberg Salad Seasonal Fresh Fruit</p> <p align="right">10</p>	<p>Garden Chicken Mini Salad or <u>Chef Mini Salad</u> over Spinach Romaine Green Split Pea Soup Whole Wheat Roll Golden Fruit Cup</p> <p align="right">11</p>
<p>Ground Beef & Pasta or <u>Chicken Divan Bake</u> Herbed Carrots Spinach Romaine Salad Herb Roll Vanilla Pudding</p> <p align="right">14</p>	<p>Chicken Salad Sndwch Half or <u>Egg Salad Sandwich Half</u> on Wheat Bread Minestrone Soup Carrot Coleslaw Pears</p> <p align="right">15</p>	<p>Hmstyle Turkey Patty/Gvy or <u>Swiss Style Patty w/Sc</u> Delmonico Potatoes Mixed Vegetables Multigrain Bread Ice Cream Cup</p> <p align="right">16</p>	<p>Chicken Breast w/Cider Glz or <u>Swedish Meatballs</u> Garlic Whipped Potatoes Red Cabbage & Apples Rye Bread Hermit Bar</p> <p align="right">17</p>	<p>Turkey a la King or <u>Braised Beef Tips</u> Whipped Potatoes Cauliflower & Carrots Sunflower Seed Roll Applesc Gingerbread Cake</p> <p align="right">18</p>
<p>Pork Choppie w/Gravy or <u>Caribbean Spice Chicken</u> Whipped Sweet Potatoes Broccoli Wheat Bread Spiced Peaches</p> <p align="right">21</p>	<p>Chicken Brunswick Stew or <u>Diced Pork & Penne Pasta</u> Country Trio Vegetables Spinach Romaine Salad Oatmeal Roll Butterscotch Bar</p> <p align="right">22</p>	<p>Chicken Alfredo Bake or <u>Beef Stuffed Bell Pepper</u> Capri Blend Vegetables Tossed Salad Rye Roll Fresh Orange</p> <p align="right">23</p>	<p>Sloppy Joe or <u>Breaded Fish w/Tartar Sauce</u> on a Bun Green Beans Creamy Coleslaw Bread Pudding w/Raisins</p> <p align="right">24</p>	<p>Lima Beans & Turkey Ham or <u>Mac & Cheese Florentine</u> Herbed Carrots Marinated Broccoli Salad Cornmeal Roll Cherry Whip</p> <p align="right">25</p>
<p>Creamy Pasta w/Vegetables or <u>Cowboy Campfire Stew</u> Green Peas Carrot Pineapple Salad Whole Wheat Roll Seasonal Fresh Fruit</p> <p align="right">28</p>	<p>Santa Fe Trky Mini Salad or <u>Chkn Curry Mini Salad</u> over Spinach Romaine Lentil Soup Potato Wheat Roll Golden Fruit Cup</p> <p align="right">29</p>	<p><u>Halloween Special</u> Beef Patty/Pep & Onion Gvy or <u>Roasted Turkey w/Gravy</u> Whipped Potatoes Capri Blend Vegetables Oat Bran Bread Red Devil Beet Cake</p> <p align="right">30</p>	<p><u>Halloween Special</u> Orange Glazed Chicken or <u>Liver & Onions w/Gravy</u> Creamed Potatoes Succotash Squash Bread Baked Pumpkin Custard</p> <p align="right">31</p>	<p align="center">Suggested Donation: \$3.50 per meal</p> <p align="center">1% Milk served with all meals</p> <p align="center">-----</p> <p align="center"><i>WE ACCEPT THE OREGON TRAIL CARD</i></p>