



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center"><b>OREGON CASCADES WEST MEALS ON WHEELS  JANUARY 2020</b></p>	<p align="center">Suggested Donation: \$3.50 per meal</p> <p align="center">1% Milk served with all meals</p> <p align="center">----- <i>WE ACCEPT THE OREGON TRAIL CARD</i></p>	<p align="center"><u>Closed for the Holiday</u></p>  <p align="right">1</p>	<p align="center"><u>New Year's Special</u></p> <p><b>Lima Beans &amp; Turkey Ham or <u>Pasta Primavera</u></b> Spinach Carrot Raisin Salad Oatmeal Roll Applesauce Gingerbread</p> <p align="right">2</p>	<p><b>Chicken Spaghetti or <u>Country Beef Stew</u></b> Mixed Vegetables Tossed Salad Whole Wheat Roll Lemon Pudding</p> <p align="right">3</p>
<p><b><u>Chicken Tetrizzini or Beef &amp; Black Bean Chili</u></b> Glazed Carrots Marinated Broccoli Salad Dinner Roll Rice Pudding</p> <p align="right">6</p>	<p><b><u>Cowboy Campfire Stew or Turkey Pot Pie</u></b> Green Beans Spinach Romaine Salad Biscuit Butterscotch Bar</p> <p align="right">7</p>	<p><b><u>Turkey Salad Sndwch Half or Egg Salad Sndwch Half</u></b> on Wheat Bread Cream of Broccoli Soup Country Coleslaw Pineapple</p> <p align="right">8</p>	<p><b><u>Beef Cabbage Bake or Turkey Alfredo Bake</u></b> Green Peas Garden Vegetable Salad Herb Roll Spiced Applesauce</p> <p align="right">9</p>	<p><b><u>Herbed Chicken Patty/Gvy or Meatloaf w/Gravy</u></b> Lyonnaise Potatoes Herbed Carrots Rye Bread Pear Cobbler</p> <p align="right">10</p>
<p><b><u>Italian Sausage Sandwich or Chkn Parmesan Sndwch</u></b> on Oval French Roll Italian Blend Vegetables German Potato Salad Seasonal Fresh Fruit</p> <p align="right">13</p>	<p><b><u>Baked Beef Rigatoni or Santa Fe Chicken &amp; Lentils</u></b> Green Peas Pickled Beets Wheat Roll Orange Whip</p> <p align="right">14</p>	<p align="center"><u>Brunch Lunch Special</u></p> <p><b><u>Spinach Strata or Pork Sausage Gravy</u></b> over Biscuit Broccoli Romaine Iceberg Salad Coffee Cake</p> <p align="right">15</p>	<p><b><u>Shoyu Chicken or Breaded Fish w/Tartar Sc</u></b> Brown Rice Pilaf Oregon Bean Medley Seven Grain Bread Ice Cream Cup</p> <p align="right">16</p>	<p><b><u>Roasted Turkey w/Gravy or BBQ Smokehouse Chop</u></b> Whipped Sweet Potatoes Green Beans w/Red Peppers Wheat Bread Tiramisu Cake</p> <p align="right">17</p>
<p align="center"><u>Closed for the Holiday</u></p>  <p align="right">20</p>	<p><b><u>Southwest Chicken or Breaded Beef Steak w/Gvy</u></b> Whipped Potatoes Carrots Onion Bread Seasonal Fresh Fruit</p> <p align="right">21</p>	<p><b><u>Pork Choppie w/Gravy or Cheese Omelet w/ Western Cheese Sauce</u></b> Parslied Potatoes Country Trio Vegetables Oatmeal Bread Butterscotch Pudding</p> <p align="right">22</p>	<p><b><u>Meatloaf Sandwich Half or Shv Turkey Sandwich Half</u></b> on Wheat Bread Lentil Soup Potato Salad Peaches</p> <p align="right">23</p>	<p><b><u>Turkey Apple Meatballs w/Cider Glaze or Slc Ham w/Mustard Sauce</u></b> Delmonico Potatoes Spinach Romaine Salad Cornmeal Roll Zucchini Brownie</p> <p align="right">24</p>
<p><b><u>BBQ Chicken or Liver &amp; Onions w/Gravy</u></b> Chantilly Potatoes California Blend Vegetables Wheat Bread Chocolate Pudding</p> <p align="right">27</p>	<p><b><u>Hearty Chicken Stew or Beef Spanish Rice Bake</u></b> Oregon Bean Medley Creamy Coleslaw Rye Bran Roll Gelatin Jewels w/Whip Top</p> <p align="right">28</p>	<p><b><u>Chicken Pomodoro or Shepherd's Pie</u></b> Broccoli Spinach Romaine Salad Multigrain Roll Golden Fruit Cup</p> <p align="right">29</p>	<p><b><u>Swt/Sour Pork w/Brn Rice or Chicken Lo Mein</u></b> Imperial Blend Vegetables Garden Vegetable Salad Cracked Wheat Roll Hermit Bar</p> <p align="right">30</p>	<p><b><u>Beef Stew or Mac &amp; Cheese Florentine</u></b> Brussels Sprouts Broccoli Cauli Craisin Salad Squash Roll Chocolate Cake w/Frosting</p> <p align="right">31</p>