

# Oregon Cascades West Meals on Wheels | June 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>Farmers Chicken Stew</b> <b>Texas Beef Chili</b> Green Beans w/Red Peppers Marinated Vegetable Salad Dinner Roll Butterscotch Pudding	<b>4</b> <b>Early American Goulash</b> <b>Chicken Jambalaya</b> Mixed Vegetables Romaine Iceberg Salad Seven Grain Roll Snickerdoodle Bar	<b>5</b> <b>Turkey A La King</b> Homestyle Pork Patty w/Gravy Whipped Potatoes Broccoli & Cauliflower Sunflower Seed Bread Seasonal Fruit	<b>6</b> <b>Turkey Salad Half Sandwich</b> <b>Egg Salad Half Sandwich</b> Minestrone Soup Creamy Coleslaw Wheat Bread Golden Fruit Cup	<b>7</b> <b>Hawaiian Special</b> <b>Waikiki Chicken</b> <b>Sesame Ginger Pork</b> Ginger Carrots Garden Vegetable Salad Squash Bread Coconut Treasure Cake
<b>10</b> <b>Spinach Strata</b> <b>Pork Sausage Gravy</b> Oven Roasted Potatoes Applesauce Biscuit Fresh Orange	<b>11</b> <b>Beef Swiss Patty w/Swiss Sauce</b> <b>HS Turkey Patty w/Gravy</b> Garlic Whipped Potatoes Sliced Carrots Cracked Wheat Bread Lime Whip	<b>12</b> <b>Chicken Caesar Mini Salad</b> <b>Garden Turkey Mini Salad</b> over Spinach Romaine Vegetarian Lentil Soup Oatmeal Roll Pineapple Tidbits	<b>13</b> <b>Father's Day</b> <b>Roasted Turkey w/Gravy</b> <b>BBQ Smokehouse Chop</b> Scalloped Potatoes Broccoli & Cauliflower Squash Bread Applesauce Gingerbread	<b>14</b> <b>Father's Day</b> <b>Meatloaf w/Gravy</b> <b>Creole Breaded Chicken</b> Whipped Potatoes Italian Vegetable Blend Cracked Wheat Bread Ice Cream
<b>17</b> <b>Western Breaded Beef Steak w/Gravy</b> <b>Breaded Fish w/Tartar Sauce</b> Colcannon Potatoes Sliced Carrots Seven Grain Bread Peanut Butter Bar	<b>18</b> <b>Around the World</b> Jamaican Jerk Chicken w/Yellow Rice <b>Macaroni &amp; Cheese</b> Pineapple Slaw Country Cottage Vegetables Sweet Roll Lemon Bar	<b>19</b> <b>Closed</b>	<b>20</b> <b>Beef Cabbage Bake</b> <b>Broccoli Frittata</b> San Francisco Vegetable Blend Tossed Salad Multigrain Roll Orange Delight	<b>21</b> <b>Sloppy Joe</b> <b>Herbed Chicken Patty</b> Whole Kernel Corn Apple Cranberry Coleslaw Hamburger Bun Seasonal Fruit
<b>24</b> <b>Beef Mushroom Patty</b> <b>Herbed Chicken Patty w/Gravy</b> Garlic Whipped Potatoes California Vegetable Blend French Bread Chocolate Cake	<b>25</b> <b>Tuna Salad Half Sandwich</b> <b>Shaved Turkey Half Sandwich</b> Tomato Rice Soup Coleslaw Wheat Bread Mandarin Oranges	<b>26</b> <b>Pasta Primavera</b> <b>Western Pork Stew</b> Broccoli & Cauliflower Garden Vegetable Salad Rye Bran Roll Sherbert	<b>27</b> <b>Beef Patty w/Onion &amp; Pepper Gravy</b> <b>Dijon Mustard Chicken</b> Whipped Potatoes Italian Vegetable Blend Sunflower Seed Bread Peaches	<b>28</b> <b>Parmesan Chicken</b> <b>Roast Pork w/Hungarian Sauce</b> Sour Cream & Chive Potatoes Brussels Sprouts Dill Bread Lemon Pudding
Suggested Donation: \$3.50 per Meal 1% Milk Served w/All Meals WE ACCEPT THE OREGON TRAIL CARD		<b>ALLERGEN DISCLAIMER:</b> This kitchen uses the following products in meal preparation: tree nuts, sesame, peanuts, soy, eggs, milk, fish, shellfish, wheat, and other products containing gluten. We cannot guarantee that menu items are free of allergens because we use shared equipment and handle common allergens throughout the supply chain.		