

Oregon Cascades West Meals on Wheels | July 2024



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
1	Chicken Penne Pasta Beef & Black Bean Chili Broccoli & Carrots Bayou Coleslaw Cornbread Fresh Orange	2	Cowboy Campfire Stew Pasta Primavera Sliced Carrots Garden Vegetable Salad Rye Bran Roll Seasonal Fresh Fruit	3	Independence Day Special BBQ Diced Chicken Sandwich Kielbasa Sausage w/Sauerkraut Potato Salad Baked Beans Hot Dog Bun Ice cream	4	Closed for Holiday		5	Cheese Lasagna Roll Up w/Alfredo Sauce Chicken Rice Bake Spinach Apple Cranberry Coleslaw French Roll Seasonal Fresh Fruit
8	Chili Macaroni Southwest Omelet Bake Mixed Vegetable Blend <i>New!</i> Black Bean & Corn Salad Onion Roll Seasonal Fresh Fruit	9	Herbed Chicken Patty w/Gravy BBQ Smokehouse Chop Colcannon Potatoes Peas & Carrots Seven Grain Bread <i>Frosted Chocolate Cake-Birthday</i>	10	Meatloaf w/Gravy Chicken a la King Whipped Potatoes California Vegetable Blend Cracked Wheat Bread Seasonal Fresh Fruit	11	<i>New!</i> Around the World Korean Beef & Turkey Bibimbap Bowl Vegetarian Romanoff Spinach <i>New!</i> Red Cabbage Salad Wheatberry Sprouted Bread Mandarin Oranges		12	Sloppy Joe Breaded Fish w/Tartar Sauce Chuckwagon Corn Coleslaw Whole Wheat Hamburger Bun Hot Spiced Peaches
15	Creole Chicken Roast Pork w/Apple Chutney Whipped Sweet Potatoes Broccoli & Cauliflower Sunflower Bread Cinnamon Applesauce	16	Egg Salad Half Sandwich Chicken Salad Half Sandwich Split Pea Soup/Crackers <i>New!</i> Garbanzo Bean Salad Wheatberry Sprouted Bread Fresh Strawberries	17	Beef Sukiyaki over Brown Rice Vegetable Spinach Lasagna Peas & Carrots Beet & Mandarin Orange Salad French Roll Seasonal Fresh Fruit	18	Creamed Chicken and Vegetables Beef Country Fried Steak w/Country Gravy Garlic Whipped Potatoes Green Beans Rye Bran Bread Fresh Banana		19	Spaghetti & Meat Sauce Sweet & Sour Chicken w/Brown Rice Broccoli Tossed Salad Garlic Roll Seasonal Fresh Fruit
22	Around the World <i>New!</i> Carne Asada (Beef) Cheese & Green Chili Bake Whole Kernel Corn Cilantro Coleslaw Flour Tortilla <i>New!</i> Cinnamon Cake	23	Brunch for Lunch Spinach Strata Pork Sausage Gravy Oven Roasted Potatoes Tropical Fruit Biscuit Seasonal Fresh Fruit	24	<i>New!</i> Chicken Greek Pasta Salad Turkey Cranberry Walnut Salad over Spinach Romaine Lentil Soup/Crackers (1 pkt) Rye Bran Roll Pineapple Tidbits	25	Beef Taco <i>New!</i> Chicken Taco Mixed Beans Pineapple Coleslaw Flour Tortilla Seasonal Fresh Fruit		26	Beef Patty w/Peppers & Onion Gravy Turkey Apple Meatballs w/Glaze Whipped Potatoes Brussels Sprouts Wheatberry Sprouted Bread Fresh Banana
29	<i>New!</i> Chicken Chile Relleno Bake Ground Beef Stew Southwest Corn Mandarin Carrot Slaw Squash Roll Seasonal Fresh Fruit	30	Macaroni & Cheese White Bean Chicken Chili Cabbage and Carrots Romaine Iceberg Salad Multigrain Roll Seasonal Fresh Fruit	31	Chicken Pomodoro Hearty Turkey Stew Green Peas with Onions Creamy Cucumber Salad Dill Roll Seasonal Fresh Fruit	Suggested Donation: \$3.50 per Meal Assorted Milk Served w/ Meals WE ACCEPT THE OREGON TRAIL CARD.		ALLERGEN DISCLAIMER: 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.		