

November

OREGON CASCADES WEST
MEALS ON WHEELS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Beef Spanish Rice *Creamy Pasta* and Vegetables Chuckwagon Corn Apple Cranberry Coleslaw Cornbread Fresh Orange	**3** Spaghetti and Meat Sauce *Chicken and Vegetable Stir Fry* *Brown Rice* Green Beans Spinach Romaine Salad Pineapple Tidbits	**4** Turkey A La King Brown Rice *Cheese Lasagna Roll Up* *w/ Marinara Sauce* Harvard Beets California Vegetables Mandarin Oranges	**5** Diced BBQ Chicken Sandwich *New! Philly Cheesesteak* Ranch Beans Mixed Vegetables Hoagie Bun Tropical Fruit	**6** Turkey Divan Bake *Roasted Pork* *w/ Blueberry Chutney* *Orzo Pasta* Winter Vegetables Creamy Coleslaw Hot Cinnamon Applesauce
9 Chicken Parmesan *Beef Stroganoff* Whipped Potatoes Green Beans Galic Bread Fresh Orange	**10 Veteran's Day Special** BBQ Chicken Sandwich *Hamburger* *w/ Campfire Sauce* Whole Kernel Corn Potato Salad Hamburger Bun Confetti Cake	**11** *Closed*	**12 Around the World** *New!* Baked Chicken w/ Tikka Masala Sauce *Szechaun Pork* Basmati Rice Peas and Carrots Cucumber and Tomato Salad Hot Spiced Mixed Fruit	**13** Scalloped Potatoes & Turkey *Spicy Southwest Pasta* Garlic Spinach Black Bean & Corn Salad Seven Grain Roll Fresh Banana
16 Kidney Beans & Turkey *Swiss Patty* *w/ Swiss Sauce* Rice Pilaf Mixed Vegetables Carrot Mandarin Salad Pineapple Tidbits	**17** Cowboy Campfire Stew (Beef) *Vegetarian Meatballs* *w/ Alfredo Sauce* *and Pasta* California Vegetables Green Salad Rye Bran Roll Mixed Fruit	**18** Chicken Caesar Salad *Turkey Club Mini Salad* over Spinach Romaine Corn Chowder French Roll Tropical Fruit	**19** Cheesy Vegetable Bake *Southern Pork and Noodles* Chuckwagon Corn Broccoli Raisin Salad Oat Bran Wheat Roll Fresh Orange	**20 Around the World** *New!* Korean BBQ Chicken *New! Roasted Pork* *w/ Honey Ginger Glaze* Coconut Jasmine Rice Kyoto Vegetables Sesame Slaw Mandarin Oranges
23 Hearty Turkey Stew *Tofu Bolognese* *w/ Spaghetti* Peas and Carrots Creamy Coleslaw Oat Bran Wheat Roll Pineapple Tidbits	**24 Thanksgiving Special** Roasted Turkey w/ Poultry Gravy *Sliced Ham* *w/ Pineapple Glaze* Mashed Spiced Yams Green Beans Onion Bread Baked Pumpkin Custard Cranberry Sauce	**25 Thanksgiving Special** Salisbury Steak w/ Brown Gravy *Roasted Turkey* *w/ Poultry Gravy* Whipped Potatoes Green Peas Bread Dressing Pumpkin Bar Cranberry Sauce	**26** *Closed*	**27** *Closed*
30 Homestyle Turkey Patty w/ Poultry Gravy *BBQ Rib Patty* Diced Sweet Potatoes Peas & Carrots Wheat Bread Fresh Orange	**Suggested Donation: $3.50 per Meal.** **Milk Served with Meals.** **WE ACCEPT THE OREGON TRAIL CARD.**	*New!* New Menu Item Vegetarian Item Meal over 1,000 mg of Sodium	**ALLERGEN DISCLAIMER:** Meals prepared in this kitchen may contain or come into contact with tree nuts, sesame, peanuts, soy, eggs, milk, fish, crustacean shellfish, wheat, and gluten-containing products. Despite precautions, cross-contact may occur. We cannot guarantee meals are allergen-free. Please inform a team member if you have a food allergy.	