



OREGON CASCADES WEST MEALS ON WHEELS

September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested Donation: \$3.50 per Meal. Milk Served with Meals. WE ACCEPT THE OREGON TRAIL CARD.	1  Mozzarella Chicken Pizza Pasta Bake (pork) Broccoli and Cauliflower Garbanzo Bean Salad French Roll Seasonal Fruit 8  Labor Day Special New! Fish Sandwich w/ Cheese w/ Tartar Sauce BBQ Pulled Pork Baked Beans Macaroni Salad Hamburger Bun Gelatin with Fruit 14Grandparent's Special Roasted Turkey w/ Poultry Gravy A1 Chopped Steak Whipped Potatoes Stewed Tomatoes Garlic Bread Ice Cream 21  Chicken Spanish Rice Tuna Noodle Bake California Vegetables Kidney Bean Salad Oat Bran Wheat Roll Fresh Orange 28Chicken w/ Dijon Mustard Sauce Breaded Fish w/ Tartar Sauce Delmonico Potatoes Mixed Vegetables Rye Bran Bread Fresh Apple	2Shoyu Chicken BBQ Pork Rib Patty Garlic Whipped Potatoes Mixed Vegetables Honey Wheat Bread Peaches 9   Macaroni & Cheese White Bean Chicken Chili Peas & Carrots Cucumber and Red Onion Squash Bread Fresh Apple 16Homestyle Turkey Patty w/ Poultry Gravy Baked Fish w/ Lemon Rosemary Sauce Diced Red Potatoes San Francisco Vegetables French Bread Fresh Orange 23Pineapple Chicken Homestyle Pork Patty w/ Pork Gravy Oven Roasted Potatoes Glazed Carrots Cracked Wheat Bread Fresh Apple 30  Turkey Rice Bake Cheese Lasagna Roll w/ Alfredo Sauce Stewed Tomatoes Apple Cranberry Coleslaw Seven Grain Roll Tropical Fruit	3  Cheese Omelet w/ Salsa Pork Sausage Gravy Red Potatoes Broccoli Biscuit Cinnamon Applesauce 10  Shaved Turkey Half Sandwich Meatloaf Half Sandwich Potato Onion Soup Spinach Salad w/ Radishes Whole Wheat Bread Tropical Fruit 17Around the World New! (Chicken) Pollo a la Crema Beef Spanish Rice Broccoli Black Bean and Corn Salad Onion Roll Spiced Peaches 24Spaghetti & Meat Sauce Chicken Piccata Green Beans Spinach Romaine Salad Garlic Roll Seasonal Fruit 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	4  Sloppy Joe BBQ (diced) Chicken Sandwich Green Peas Carrot & Pineapple Salad WG Hamburger Bun Fresh Apple 11Beef Soft Taco Chicken Fajitas New! Repollo (Cabbage & Lime) Slaw Pinto Beans Flour Tortilla Mandarin Oranges 18Beef Chili w/Beans Chicken Penne Pasta Spinach Bayou Slaw Cornbread Fresh Apple 25Oktoberfest Special German Meatballs w/ Sauce Sausage w/ Sauerkraut Corn with Peppers  German Potato Salad (Hot) Hot Dog Bun German Chocolate Cake New! New Menu Item  Vegetarian Item Meal over 1,000 mg of Sodium