

October

OREGON CASCADES WEST MEALS ON WHEELS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested Donation: \$3.50 per Meal. Milk Served with Meals. WE ACCEPT THE OREGON TRAIL CARD.	<i>New!</i> 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.	1 Around the World Orange Glazed Chicken <i>New!</i> Kofta Meatballs Brown Rice Sesame Green Beans Carrot Mandarin Salad Fortune Cookie	2 Country Meatballs Herbed Chicken Patty w/ Country Gravy Whipped Potatoes Spinach Onion Roll Fresh Orange
5 Chili Mac Roasted Pork w/ Apple Chutney Brown Rice Mixed Vegetables Romaine Salad Fresh Sliced Apples	6  Chicken Parmesan Beef Stroganoff Whipped Potatoes Green Beans Galic Bread Fresh Banana	7 Tuna Salad Half Sandwich Turkey Salad Half Sandwich Lentil Soup Kidney Bean Salad Wheatberry Sprouted Bread Tropical Fruit	8 Scalloped Potatoes & Turkey Spicy Southwest Pasta Garlic Spinach Black Bean & Corn Salad Seven Grain Roll Fresh Orange	9 Around the World <i>New!</i> Baked Chicken w/ Tikka Masala Sauce Szechaun Pork Basmati Rice Peas and Carrots Cucumber and Tomato Salad Hot Spiced Mixed Fruit
12 CowboY Campfire Stew (Beef)  Vegetarian Meatballs w/ Alfredo Sauce and Pasta California Vegetables Green Salad Rye Bran Roll Mixed Fruit	13 Chicken Caesar Salad Caesar Dressing Turkey Club Mini Salad Ranch Dressing Spinach Romaine Corn Chowder French Roll Tropical Fruit	14 Cheesy Vegetable Bake Southern Pork and Noodles Chuckwagon Corn Broccoli Raisin Salad Oat Bran Wheat Roll Applesauce Gingerbread (Birthday)	15 Around the World <i>New!</i> Korean BBQ Chicken <i>New!</i> Roasted Pork w/ Honey Ginger Glaze Coconut Jasmine Rice Kyoto Vegetables Sesame Slaw Mandarin Oranges	16 Kidney Beans & Turkey Swiss Patty w/ Swiss Sauce Rice Pilaf Mixed Vegetables Carrot Mandarin Salad Pineapple Tidbits
19 Meatloaf w/ Brown Gravy Herbed Chicken Patty w/ Creamy Paprika Sauce Garlic Whipped Potatoes Carrots Cracked Wheat Bread Fresh Orange	20 Chicken in Peanut Sauce Sesame Pork Brown Rice Sesame Green Beans Marinated Zucchini Salad Spiced Peaches	21 Macaroni & Cheese Chicken Spanish Rice Fiesta Vegetables Romaine Salad Cornmeal Roll Tropical Fruit	22 Hearty Turkey Stew Tofu Bolognese w/ Spaghetti Peas and Carrots Creamy Coleslaw Oat Bran Wheat Roll Pineapple Tidbits	23  Western Style Beef Steak w/ Country Gravy Sliced Turkey Breast w/ Poultry Gravy Delmonico Potatoes Garlic Spinach Rye Bread Fresh Pear
26 Turkey Tetrazzini Beef Bavarian (Pork) Stew Mixed Vegetables Pineapple Slaw Garlic Roll Tropical Fruit	27 Chicken Supreme Sweet & Sour Pork Brown Rice Kyoto Vegetables Carrot Pineapple Salad Blushing Pears	28 Halloween Special Beef Patty w/ Pepper Onion Gravy Roasted Turkey w/ Poultry Gravy Whipped Potatoes Broccoli & Carrots Squash Bread Red Devil Beet Cake	29 Halloween Special  Chicken w/ Paprika Cream Sauce Beef Mushroom Patty Garlic Whipped Potatoes Stewed Tomatoes Cracked Wheat Bread Pumpkin Bar	30 Homestyle Turkey Patty w/ Poultry Gravy BBQ Rib Patty Diced Sweet Potatoes Peas & Carrots Wheat Bread Fresh Orange