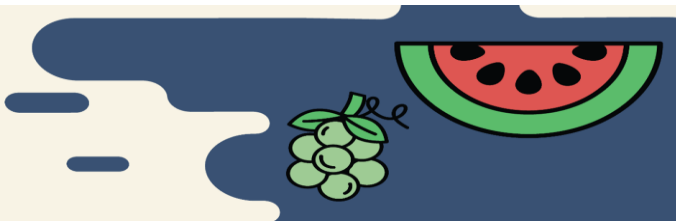
December

OREGON CASCADES WEST
MEALS ON WHEELS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
New! New Menu Item Vegetarian Item Meal over 1,000 mg of Sodium	**1** Turkey Tetrazini *Beef Bavarian (Pork) Stew* Mixed Vegetables Pineapple Slaw Sunflower Seed Roll Tropical Fruit	**2** Chicken Supreme *Sweet & Sour Pork* *Brown Rice* Kyoto Vegetables Carrot Pineapple Salad Blushing Pears	**3** Chili Meatballs *w/ Zesty Tomato Sauce* Caribbean Chicken Oven Roasted Potatoes Spinach Rye Bran Bread Fresh Pear	**4 Brunch For Lunch** Cheese Omelet w/ Cheese Sauce *Pork Sausage Patty* *w/ Cheese* Delmonico Potatoes Beet & Mandarin Orange Salad Hot Spiced Peaches Biscuit
7 Winter Special Roasted Turkey w/ Poultry Gravy *Meatloaf* *w/ Brown Gravy* Whipped Potatoes Sliced Carrots Seven Grain Bread Carrot Cake	**8** Turkey A La King w/ Brown Rice *Cheese Lasagna Roll Up* *w/ Marinara Sauce* Harvard Beets California Vegetables Mandarin Oranges	**9 Winter Special** Rotisserie Chicken *Baked Ham* w/ Raisin Sauce Whipped Sweet Potatoes Green Beans & Carrots French Bread Apple Cobbler	**10 Winter Special** Salisbury Steak w/ Brown Gravy *Potato Crusted Pollock* *w/ Lemon Butter Sauce* Whipped Potatoes Broccoli Cracked Wheat Bread Candy Cane Cake	**11** Spaghetti and Meat Sauce *Chicken & Vegetable Stir Fry* *Brown Rice* Green Beans Spinach Romaine Salad Pineapple Tidbits
14 Scalloped Potatoes & Tky *Zesty Soutwest Pasta* *Garlic Spinach* *Black Bean & Corn Salad* Seven Grain Roll Fresh Orange	**15 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	**16** Chili Mac *Roasted Pork* *w/ Apple Chutney* *Brown Rice* Mixed Vegetables Romaine Salad Fresh Sliced Apples	**17** Chicken Parmesan *Beef Stroganoff* Whipped Potatoes Green Beans Galic Bread Fresh Banana	**18** Tuna Salad Half Sandwich *Turkey Salad Half Sandwich* Lentil Soup Kidney Bean Salad Wheatberry Sprouted Bread Tropical Fruit
21 Around the World New! Korean BBQ Chicken New! *Roasted Pork w/* *Coconut Jasmine Rice* Kyoto Vegetables Sesame Slaw Mandarin Oranges	**22** Chicken Caesar Salad *Turkey Club Mini Salad* over Spinach Romaine Split Pea Soup Multigrain Roll Tropical Fruit	**23** Kidney Beans & Turkey *Swiss Patty* *w/ Swiss Sauce* Rice Pilaf Mixed Vegetables Carrot Mandarin Salad Pineapple Tidbits	**24** Closed	**25** Closed
28 Hearty Turkey Stew *Tofu Bolognese* *w/ Spaghetti* Peas and Carrots Creamy Coleslaw Oat Bran Wheat Roll Pineapple Tidbits	**29** Western Style Beef Steak w/ Country Gravy *Sliced Turkey Breast* *w/ Poultry Gravy* Delmonico Potatoes Garlic Spinach Rye Bread Fresh Pear	**30** Macaroni & Cheese *Chicken Spanish Rice* Fiesta Vegetables Romaine Salad Cornmeal Roll Tropical Fruit	**31 New Year's Eve Special** Teriyaki Meatballs w/ Brown Rice *Chicken Mushroom Bake* Glazed Carrots Marinated Vegetable Salad Sunflower Seed Roll Coconut Treasure Cake	**Suggested Donation: $3.50 per Meal.** **Milk Served with Meals.** **WE ACCEPT THE OREGON TRAIL CARD.**