



MAY 2020
MEALS ON WHEELS MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Notice: Please be patient with us as menu items may change and or be replaced with a like item during this time. In addition, we are also including donated food and essential items during home deliveries.</p> <p>If you need shopping assistance or if you know someone over 60 needing a home delivered meal please refer them to the Center. Call 503-630-7454 leave a detailed message if you get our voice mail.</p>				<p>1</p> <p>Shaved Turkey Sand Half Shredded Lettuce Marinated Zucchini Salad Green Split Pea Soup Whole Wheat Bread Spiced Pears Dijonnaise Sauce</p>
4	5	6	7	8
<p>Cheese Omelet w/Cheese Sauce Carrots Winter Mix Biscuit Ice Cream Cup</p>	<p>Beef Patty Brown Gravy Brussels Sprouts Whipped Potatoes Whole Wheat Bread Mandarin Oranges</p>	<p>Lasagna Cheese Roll Up Marinara Sauce Whole Kernel Corn Spinach Romaine Salad Whole Wheat Roll Fresh Orange Raspberry Vinaigrette</p>	<p>Mexican Pasta Bake Fiesta Blend Vegetables Apple Cranberry Coleslaw Whole Wheat Roll Chocolate Chip Cookie</p>	<p>BBQ Chicken Capri Blend Vegetables Parslied Potato Whole Wheat Bread Ice Cream Cup</p>
11	12	13	14	15
<p>Turkey Salad Sand Half Shredded Lettuce Minestrone Soup Creamy Coleslaw Whole Wheat Bread Pineapple Tidbits</p>	<p>Swiss Style Patty Swiss Steak Sauce Whipped Potatoes Herbed Carrots Whole Wheat Bread Gelatin Jewels</p>	<p>Lemon Herb Chicken Oven Baked Potatoes Green Beans Whole Wheat Bread Sugar Cookie</p>	<p>Roasted Turkey Poultry Gravy Whipped Sweet potato Tossed Salad Whole Wheat Roll Spiced Peaches Ranch Dressing</p>	<p>Meatballs Brown Gravy Whipped Potatoes Winter Blend Vegetables Whole Wheat Bread Gelatin Jewels</p>
18	19	20	21	22
<p>Sliced Ham Mustard Sauce Normandy Blend Vegetables Red Potatoes Whole Wheat Bread Golden Fruit Cup</p>	<p>Macaroni & Cheese Creamy Coleslaw Mixed Vegetables Whole Wheat Roll Granola Bar Honey & Oat</p>	<p>Sloppy Joe Veg Baked Beans Tossed Salad Hamburger Bun Ice Cream Cup Thousand Island Dressing</p>	<p>Herbed Chicken Patty Poultry Gravy Whipped Potatoes Scandinavian Blend Vegetables Whole Wheat Bread Peaches</p>	<p>Beef Mushroom Patty Green Peas Apple Cranberry Cole Slaw Whole Wheat Roll Gelatin Jewels</p>
25	26	27	28	29
<p>MEMORIAL DAY</p>	<p>Turkey ala King Whipped Potatoes Oregon Bean Medley Whole Wheat Roll Mandarin Oranges</p>	<p>Pork Chopple Pork Gravy Sour Cream & Chive Potatoes Country Trio Vegetables Whole Wheat Bread Fresh Orange</p>	<p>Kielbasa Sausage Sauerkraut Cole Slaw Pork & Beans Hot Dog Bun Ice Cream Cup</p>	<p>Chicken Salad Sand Half Shredded Lettuce Carrot Raisin Salad Potato Chowder Whole Wheat Bread Pineapple Tidbits</p>
<p>1% 1/2 Pint Milk Available Each Day for MOW.</p>				