

Milwaukie Community Center Nutrition Program

October 2026 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Please call by 9:45 a.m. for Meals on Wheels cancellations. 503-794-8035	The suggested donation is \$4.00. This covers a portion of the meal service. Thank you.		1 Fish Filet Couscous Edamame Blend Roll Pudding	2 Vegetarian Chili Roasted Potatoes Broccoli Strawberries
5 Tortellini w/Marinara Spinach Garlic Bread Pear	6 Baked Chicken Brown Rice Butternut Squash Kale Fruit Cocktail	7 Turkey Sandwich Broccoli Slaw Pasta Salad Chips	8 Sausage & Sauerkraut German Potato Salad Beets Spiced Apples	9 Fish Filet Sandwich Quinoa Peas Mandarin Oranges
12 Beef & Cabbage Bake Baby Carrots Roll Snack Mix	13 Turkey w/Gravy Mashed Potato Corn Zucchini Applesauce & Berries	14 Pork Curry Rice Peas & Carrots Kale Cranberries & Almonds	15 Red Beans & Rice Braised Cabbage Cornbread Tropical Fruit	16 Chicken, Bacon, & Garlic Pizza Bean Blend Roasted Cauliflower Peaches
19 Scrambled Egg Bake Spiced Apples Potatoes O'Brien Orange	20 Fettucine Alfredo w/Chicken Kale Garlic Bread Mixed Berries	21 Meatballs w/Gravy Mashed Potato Capri Vegetable Stewed Tomatoes Cottage Cheese	22 Soft Chicken Taco Spanish Rice Beans Tomato & Mango Salsa	23 Cheesy Quinoa & Vegetable Bake Baby Carrots Roll Strawberry Yogurt
26 Chicken Cordon Bleu Pasta Vegetable Blend Asparagus Fruit Cup	27 Pork Tenderloin Mushroom Gravy Peas Roll	28 Ratatouille w/Chicken Sausage Green Beans Carrots Grapes	29 Sweet & Sour Chicken Brown Rice Vegetable Blend Egg Roll Fortune Cookie	30 Goulash Spinach Garlic Toast Brownie

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