# *Milwaukie Community Center Nutrition Program*

# *November 2026 Menu*

| *Monday* | *Tuesday* | *Wednesday* | *Thursday* | *Friday* |
|---|---|---|---|---|
| **2**<br>White Chicken Chili<br>Stewed Tomatoes<br>Cornbread<br>Apple | **3**<br>Beef Lo Mein<br>Stir Fry Vegetable<br>Spring Roll<br>Mandarin Oranges | **4**<br>Spinach & Artichoke Pasta<br>Carrots<br>Yellow Squash<br>Apples | **5**<br>Stuffed Pepper<br>Peas & Carrots<br>Roll<br>Cottage Cheese | **6**<br>Ham & Cheese Omelet<br>Roasted Potatoes<br>Oatmeal & Fruit<br>Peaches |
| **9**<br>Chicken Breast<br>Rice Pilaf<br>Asparagus<br>Mixed Vegetable<br>Applesauce | **10**<br>Country Fried Steak w/Gravy<br>Mashed Potatoes<br>Spinach<br>Apricots | **11**<br>**Closed for Veteran's Day** | **12**<br>Ham & Cheese Sandwich<br>Pasta Salad<br>Carrot Raisin Salad<br>Fruit Salad | **13**<br>Chicken Soft Taco<br>Refried Beans<br>Fiesta Corn<br>Orange Juice |
| **16**<br>Twice Baked Potato<br>Roasted Broccoli<br>Stewed Tomatoes<br>Cranberry Juice | **17**<br>Tamale Pie w/Cornbread<br>Spinach<br>Capri Vegetables<br>Pudding | **18**<br>Spaghetti w/Meat Sauce<br>Asparagus<br>Garlic Bread<br>Pineapple | **19**<br>Kielbasa<br>Collard Greens<br>Red Lentils<br>Roasted Potatoes<br>Yogurt | **20**<br>Grilled Chicken Breast Strips<br>Couscous<br>Spiced Apples<br>Beets<br>Granola Bar |
| **23**<br>Turkey w/Gravy<br>Mashed Potato Stuffing<br>Green Beans<br>Pumpkin Cake | **24**<br>Chicken Caesar Salad<br>Croutons<br>Fruit Salad<br>Cucumber Salad<br>Blueberries | **25**<br>Pesto Pasta<br>Spinach & Tomatoes<br>Garlic Bread<br>Pears | **26**<br>**Closed For Thanksgiving** | **27**<br>**Closed** |
| **30**<br>Stuffed Sole<br>Rice<br>Country Vegetables<br>Roll<br>Snack Bar | **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.** | | |

**Milwaukie Community Center Nutrition Program: 503-794-8035**

**5440 SE Kellogg Creek Drive, Milwaukie, OR 97222**

**www.ncprd.org**