

**Milwaukie Community Center
Nutrition Program**



DECEMBER 2025 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Stuffed Pepper Broccoli Roll Granola Bar	2 Cuban Beef Rice Black Beans Spinach Tropical Fruit	3 Roasted Chicken Thigh Red Potatoes Peas & Carrots Roll Dried Cranberries	4 Hot Dog on a Bun Capri Vegetables Roasted Brussel Sprouts Peaches	5 Salisbury Steak w/Gravy Mashed Potatoes Braised Cabbage Carrots Fruit Cup
8 Chicken Enchilada Bake Fiesta Corn Tomatoes & Mangos Cookie	9 Turkey & Gravy Sweet Potatoes Zucchini Cranberry Sauce	10 Salmon Burger w/Bun Scandinavian Vegetable Tater Tots Pineapple	11 Teriyaki Pork Rice Egg Roll Green Beans Mandarin Oranges	12 Swedish Meatballs Gravy Noodles Country Vegetable Roll Pears
15 Baked Pork Chop Mashed Potatoes w/ Gravy Peas Roll Apple	16 Chicken & Dumpling Stewed Tomatoes Butternut Squash Berries	17 Scrambled Eggs Oatmeal Hash Browns Cottage Cheese *Holiday Brunch at the Center 11:45 to 12:30	18 Crab Cakes w/ Hollandaise Polenta Asparagus Carrot Salad	19 French Toast Sausage Potato Wedges Orange Juice
22 Chicken Tenders French Fries Carrots Spinach Fruit Cup	23 Stuffed Sole Peas Roll Pears	24 Kielbasa O'Brien Potatoes Beets Kale Pudding	25 	No Meal Delivery. Meal will be served at Milwaukie Center. Cheese Omelet, Oatmeal, Sausage
29 Stuffed Cabbage Lima Beans Roll Yogurt	30 Hoppin John Collard Greens Cornbread Almond Biscotti	31 BBQ Meatballs Rice Peas Cabbage Fruit Cup	The suggested donation for meals is 4.00 per meal. Your donation helps meals keep wheeling.	Please call by 9:45 am to cancel your meal for the day.

Milwaukie Community Center Nutrition Program: 503-794-8035
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