

Milwaukie Community Center

September 2025 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	2 Twice Baked Potato Spinach Beets Orange Juice	3 Waffle w/Berries Hard Boiled Egg Chicken Sausage Low Fat Yogurt	4 Kielbasa Braised Cabbage Red Potatoes Carrots Pears	5 Baked Chicken Rice Asparagus Stewed Tomatoes Berries & Granola
8 Pulled Pork Polenta Cauliflower Peas & Carrots Apple	9 Hamburger Sweet Potato Tots Capri Vegetable Tomato & Cucumber Salad	10 Tuna Salad Sandwich Chickpea Salad Cottage Cheese Mandarin Oranges	Center Closed	12 Chili Con Carne Broccoli Cornbread Coleslaw
15 Florentine Pasta Shells Marinara Baby Carrots Garlic Toast Banana	16 Chicken Caesar Salad Croutons Three Bean Salad Peaches Granola	17 Beef & Broccoli Stir Fry Yakisoba Noodles Vegetable Blend Veggie Spring Roll Fortune Cookie	18 BBQ Chicken Roasted Vegetables Baked Beans Potato Salad	19 Baked Fish Lemon & Herb Rice Vegetable Normandy Roll Melon Cup
22 Baked Ham Sweet Potatoes Spinach Roll Nuts	23 Turkey Sandwich Fruit Salad Coleslaw Applesauce	24 Pork Curry w/Brown Rice Brussel Sprouts Spiced Apples Vanilla Wafers	25 Meatballs w/Gravy Mashed Potatoes Green Beans Carrots Custard	26 Beef Taco Salad Black Bean Salad Guacamole Tomato & Cucumbers
29 Chicken Fingers Sweet Potato Fries Peas Chuck Wagon Corn Apple Slices	30 Turkey Loaf w/Gravy Stuffing Stewed Tomatoes Green Beans Carrot Raisin Salad	Please call by 9:45 am for Meals on Wheels Cancellations.	Nutrition Program: 503-794-8035	<i>Suggested donation is \$4.00 per meal. Your donation for the meal keeps them wheeling.</i>

Milwaukie Community Center Nutrition Program: 503-794-8035
5440 SE Kellogg Creek Drive, Milwaukie, OR 97222 www.ncprd.org