




Center 50+ Dining Room Menu November 2018



Lunch tickets are available upstairs in the Meals on Wheels office—we may be temporarily closed, sometimes between 11-1 if we need to deliver meals. Our office number is 503-364-2895

Weeks				Thursday	Friday
Week 1 November 1-2				House Salad Herb Roasted Chicken Mashed Potatoes Italian Vegetables Pears	Coleslaw Baked Fish or Chicken Tater Tots Peas & Carrots Dinner Roll Jell-O
Week 2 November 5-9	Three Bean Salad Cheese Ravioli Italian Vegetables Sourdough Bread Pudding	Coleslaw Sloppy Joes Broccoli Hamburger Bun Brownie	Asian Slaw Chicken Stir Fry Sugar Snap Peas Oranges Fortune Cookie	Peas & Cheese Swedish Meatballs Egg Noodles Brussel Sprouts Dinner Roll Fruit Salad	Beet Salad Ham or Turkey Mashed Potato Green Beans Dinner Roll Spice Cake
Week 3 November 12-16	Closed for Veterans Day 	Caesar Salad Spaghetti w/ Meat Sauce Italian Vegetables Sourdough Bread Pudding	Mexi-Slaw Chicken Enchiladas Broccoli Chips & Salsa Pears	House Salad Chili Con Carne Brown Rice Green Beans Cornbread Fruit Salad	Coleslaw Baked Salmon Cake or Chicken Rice Pilaf Chuck Wagon Corn Dinner Roll Birthday Cake
Week 4 November 19-23	Three Bean Salad Beef Stroganoff Italian Vegetables Rosemary Bread Pudding	House Salad Ham or Turkey Potatoes Au Gratin Green Beans Dinner Roll Pumpkin Pie	Beet Salad Swedish Meatballs Egg Noodles Brussel Sprouts Dinner Roll Angel Food Cake	Closed for Thanksgiving 	Closed for Thanksgiving 
Week 5 November 26-30	Three Bean Salad Cheese Ravioli Italian Veg Sourdough Bread Pudding	Mexi-Slaw Chicken Enchiladas Broccoli Chips & Salsa Pears	House Salad Salisbury Steak Mashed Potato Brussel Sprouts Dinner Roll Spice Cake	Confetti Salad Chicken Casserole Italian Vegetables Rosemary Bread Fruit Salad	Coleslaw Baked Fish or Chicken Tater Tots Peas & Carrots Dinner Roll Jell-O



Meals on Wheels Office 503-364-2856