



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">OREGON CASCADES WEST</p> <p style="text-align: center;">JULY 2010</p>		<p style="text-align: center;">Suggested Donation: \$3.50 per meal 1% Milk served with all meals</p> <p style="text-align: center;">----- <i>WE ACCEPT THE OREGON TRAIL CARD</i></p>	<p>♥ Chicken a la King or Braised Beef Tips over Steamed Rice Capri Blend Vegetables Spinach Romaine Salad Squash Roll Banana Coconut Pudding 1</p>	<p>♥ Sloppy Joe or Kielbasa w/Sauerkraut on a Bun Whole Kernel Corn Carrot Mandarin Salad Holiday Confetti Cake 2</p>
<p><u>Closed for the Holiday</u></p>  <p style="text-align: right;">5</p>	<p>♥ Seafood Patty or Beef Patty on a Bun Baked Beans Marinated Vegetable Salad Ranger Cookie 6</p>	<p>♥ Chicken Tetrazzini or Chili Meatballs Steamed Carrots Marinated Zucchini Salad Oat Rye Roll Butterscotch Fluff 7</p>	<p>♥ Roast Beef or Shoyu Chicken Breast Whipped Potatoes w/Gravy Green Peas Bran Wheat Bread Apple Crisp 8</p>	<p>♥ Chkn Salad Sand Half or Egg Salad Sand Half on Whole Wheat Bread Lentil Soup Country Slaw Chocolate Zucchini Brownie 9</p>
<p>♥ Breaded Baked Fish w/Dill Sauce or Meatloaf w/Gravy Scalloped Potatoes Steamed Spinach Multigrain Bread Pistachio Pudding 12</p>	<p>♥ Chicken Patty w/Gravy or Roast Pork w/Gravy Whipped Potatoes w/Gravy Broccoli Cuts Herb Bread Frosted Orange Cake 13</p>	<p>♥ Saus Mushroom Strata or Hungarian Beef Goulash Whole Kernel Corn Mandarin Pineapple Gelatin Rye Roll Almond Cookie 14</p>	<p>♥ Shvd Turkey Sand Half or Shaved Ham Sand Half on Whole Wheat Bread Chunky Tomato Rice Soup Creamy Coleslaw Peanut Butter Bar 15</p>	<p>♥ Rotisserie Chicken Brst or Western Breaded Beef Patty w/Country Gravy Lyonnais Potatoes Green Peas Seven Grain Bread Fresh Cantaloupe 16</p>
<p>♥ Cream Chicken & Vegt or Liver & Onions w/Gvy Whipped Potatoes Capri Blend Vegetables Sunflower Seed Bread Molasses Cookie 19</p>	<p>♥ Beef Stuffed Grn Pepper or Macaroni & Cheese Cut Green Beans Pineapple Coleslaw Potato Wheat Roll Ice Cream Cup 20</p>	<p>♥ Turkey Salad or Tuna Salad with Whole Wheat Roll Cream of Broccoli Soup Creamy Cucumber Salad Cherry Whip 21</p>	<p>♥ Lima Beans & Tk Ham or Mexican Pasta Bake Whole Kernel Corn Romaine Iceberg Salad French Roll Fresh Watermelon 22</p>	<p>♥ Roast Turkey or Homestyle Pork Patty Whipped Potatoes w/Gravy Mixed Vegetables Onion Bread Bread Pudding w/Raisins 23</p>
<p>♥ Salisbury Patty w/Gravy or Bkd Ham w/Orange Glz Whipped Sweet Potatoes Lima Beans Cracked Wheat Bread Gelatin Jewels w/Whipped Topping 26</p>	<p>♥ Meatloaf Sandwich Half or Two Cheese Sand Half on Whole Wheat Bread Popeye Potato Soup Carrot Raisin Salad Banana Chocolate Chip Bar 27</p>	<p>♥ Chicken Pot Pie or Pork Sausage Gravy over Buttermilk Biscuit French Cut Green Beans Spinach Romaine Salad Oatmeal Cookie or Birthday Cake 28</p>	<p>♥ Turkey Loaf w/Cream Sc or Beef Patty w/Peppers & Onions Sour Cream/Chive Potatoes Pickled Beets Multigrain Roll Rice Pudding or Birthday Cake 29</p>	<p>♥ Veal Parmesan or Krab Patty w/Tartar Sauce Delmonico Potatoes Broccoli Normandy Oat Bran Bread Birthday Cake 30</p>