

JUNE 2025



DINING ROOM MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Orange Chicken White Rice Snap Peas Pineapple Rings Fortune Cookie	3 Korean Meatballs White Rice Peas & Carrots Tropical Fruit Naan Bread	4 Frittata with Ham Red Potatoes Carrots Orange Wedges Biscuit	5 Bean & Cheese Burrito Jojos Southwest Corn Tropical Fruit Green Salad	6 Meatloaf with Ketchup Mashed Potatoes Mixed Vegetables Peaches Dinner Roll
9 BBQ Chicken Roasted Potatoes Mixed Vegetables Fruit Biscuits	10 Pizza w/ Turkey Sausage Green Beans Side Salad Focaccia Bread	11 Teriyaki Chicken White Rice Carrots Naan Bread Fruit Cocktail	12 Chicken Parmesan Pasta Broccoli Tropical Fruit Sourdough Bread	13 Chili Con Carne White Rice Corn Three Bean Salad Cornbread
16 Cheese Ravioli Marinara Sauce Green Beans Pears Garlic Toast	17 Honey Mustard Chicken Rosemary Potatoes Carrots Cole Slaw Dinner Roll	18 Breakfast Bowl w/ Eggs- Pork Sausage-Potatoes Mixed Veggies Orange Wedges English Muffin	Closed 19 	20 Fajita Chicken Spanish Rice Southwest Corn Fruit Flour Tortilla
23 Chicken Tenders Jojos Peas Fruit Biscuit	24 Meatball Marinara Pasta Peas & Carrots Pears Garlic Bread	25 Chicken Salad Cherry Tomatoes Mixed Greens Fruit Dinner Roll	26 White Fish White Rice Green Beans Pickled Beets Focaccia Bread	27 Swedish Meatballs Pasta Green Beans Applesauce Focaccia Bread
30 Herb Garlic Chicken Red Potatoes Italian Vegetables Peaches	Always look at back side of menu for IMPORTANT DATES			

Would you like to better manage your chronic condition?

Eat better, feel better! Learn about SNAP, a free program that allows you to purchase food so you can eat more nutritious meals! The average benefit for an older adult household in Oregon is about \$90 per month towards food purchases. Persons 60 years or older and disabled members can benefit from deductions by allowable costs such as: doctor bills, prescription drugs, over-the-counter medication, and dentures.



**Call 2-1-1 or North West Senior &
Disability Services at:
(503) 304-3420**