

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u> 1	<u>Thursday</u> 2	<u>Friday</u> 3
<p>Frittata 6 w/ Cheese & Broccoli Potatoes Peas Tropical Fruit Biscuit</p>	<p>Orange Chicken 7 White Rice Peas & Carrots Asian Slaw Fortune Cookie & Naan</p>	<p>BBQ Chicken 8 Roasted Potatoes Mixed Vegetables Fruit Cornbread</p>	<p>Salisbury Steak 9 Red Potatoes Corn Fruit Sourdough Bread</p>	<p>Closed No Lunch Today</p>
<p>Fajita Chicken 13 Spanish Rice Southwest Corn Mexi Slaw Corn Tortilla</p>	<p>Cheese Ravioli 14 Marinara Sauce Green Beans Pears Sourdough Bread</p>	<p>Herb Garlic Chicken 15 Rosemary Potatoes Carrots Pears Focaccia Bread</p>	<p>Bourbon Chicken 16 Jojos Peas Peaches Naan Bread</p>	<p>Closed No Lunch Today</p>
<p>Spaghetti w/ Meat Sauce 20 Carrots Peaches Garlic Toast</p>	<p>Teriyaki Chicken 21 White Rice Carrots Orange Wedges Fortune Cookie & Naan</p>	<p>Celebrate Birthdays 22 Honey Mustard Chicken Rosemary Potatoes Cole Slaw Sourdough Bread</p>	<p>Bean & Cheese Burrito 23 Jojos Corn Pea & Cheese Salad Naan Bread</p>	<p>Veggie Lasagna 24 Brussels Sprouts Fruit Focaccia Bread</p>
<p>Swedish Meatballs 27 Pasta Green Beans Pears Garlic Toast</p>	<p>Salmon 28 White Rice Peas & Carrots Pears Sourdough Bread</p>	<p>Chicken Parmesan 29 Pasta Broccoli Tropical Fruit Garlic Toast</p>	<p>Korean Meatballs 30 White Rice Peas & Carrots Asian Slaw Naan Bread</p>	<p>Whitefish 31 Couscous Green Beans Pickled Beets Naan Bread</p>

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**