

JULY 2025 DINING ROOM MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
| | 1 Orange Chicken Rice Snap Peas Pineapple Rings Fortune Cookie | 2 Ham & Egg Frittata Red Potatoes Carrots Orange Wedges Biscuit | 3 Meatloaf w/ Ketchup Mashed Potatoes Mixed Vegetables Peaches Dinner Roll | 4 Closed Holiday |
| 7 BBQ Chicken Roasted Potatoes Mixed Vegetables Fruit Biscuit | 8 Korean Meatballs Rice Peas & Carrots Pears Naan Bread | 9 Honey Mustard Chicken Rosemary Potatoes Carrots Cole Slaw Dinner Roll | 10 Chicken Parmesan Pasta Broccoli Tropical Fruit Sourdough Bread | 11 Chili Con Carne Rice Corn Three Bean Salad Cornbread |
| 14 Cheese Ravioli Marinara Sauce Green Beans Pears Garlic Toast | 15 Teriyaki Chicken Rice Carrots Naan Bread Fruit Cocktail | 16 Swedish Meatballs Pasta Green Beans Applesauce Focaccia Bread | 17 Bean & Cheese Burrito Jojos Southwest Corn Tropical Fruit Green Salad | 18 Veggie Lasagna Brussels Sprouts Pears Garlic Toast |
| 21 Chicken Tenders Jojos Peas Fruit Biscuit | 22 Meatball Marinara Pasta Peas & Carrots Pears Garlic Bread | 23 Chicken Salad Cherry Tomatoes Mixed Greens Fruit Dinner Roll | 24 White Fish Rice Green Beans Pickled Beets Focaccia Bread | 25 Closed |
| 28 Herb Garlic Chicken Red Potatoes Italian Vegetables Peaches Sourdough Bread | 29 Pizza w/ Turkey Sausage Green Beans Side Salad Focaccia Bread | 30 Breakfast Bowl w/ Eggs- Pork Sausage-Potatoes Mixed Veggies Orange Wedges English Muffin | 31 Salisbury Steak Mashed Potatoes Corn Orange Wedges Dinner Roll | 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**