



SEPTEMBER 2025

DINING ROOM MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Closed * Labor Day *	 Hamburgers Hot Dogs Chips	Orange Chicken White Rice Snap Peas Pineapple Fortune Cookie	Frittata Red Potatoes Carrots Orange Wedges Dinner Roll	Chicken Parmesan Pasta Broccoli Tropical Fruit Sourdough Bread
BBQ Chicken Roasted Potatoes Mixed Vegetables Fruit Cornbread	Korean Meatballs White Rice Peas & Carrots Applesauce Naan Bread	Herb Garlic Chicken Rosemary Potatoes Carrots Coleslaw Dinner Roll	Whitefish Couscous Green Beans Pickled Beets Focaccia Bread	Fajita Chicken Spanish Rice Southwest Corn Fruit Flour Tortilla
Cheese Ravioli Marinara Sauce Green Beans Pears Sourdough Bread	Teriyaki Chicken White Rice Carrots Fruit Cocktail Naan Bread	Bean & Cheese Burrito Jojos Southwest Corn Tropical Fruit Green Salad	Spaghetti w/ Meat Sauce Peas & Carrots Peaches Garlic Toast	Chicken Stir Fry Yakisoba Noodles Baby Corn Pineapple Fortune Cookie
Salisbury Steak Red Potatoes Corn Orange Wedges Sourdough Bread	Bourbon Chicken White Rice Snap Peas Applesauce Dinner Roll	Swedish Meatballs Pasta Green Beans Pears Focaccia Bread	Honey Mustard Chicken Rosemary Potatoes Carrots Coleslaw Naan Bread	Chili Con Carne White Rice Mixed Vegetables Three Bean Salad Corn Bread
Chicken Tenders Jojos Peas Fruit Biscuit	Pizza w/ Turkey Sausage Green Beans Fruit Cocktail Side Salad			

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**