

OCTOBER 2025



DINING ROOM MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		- Orange Chicken - White Rice - Snap Peas - Pineapple - Fortune Cookie	- Frittata w/ Broccoli - Red Potatoes - Carrots - Orange Wedges - Dinner Rolls	- 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	- Cheese Ravioli - Marinara Sauce - Green Beans - Pears - Sourdough Bread	- Whitefish - Couscous - Green Beans - Pickled Beets - Focaccia Bread	- Fajita Chicken - Spanish Rice - Southwest Corn - Fruit - Flour Tortilla
Closed *Indigenous People's Day*	- 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 - Cornbread
- Chicken Tenders - Jojos - Peas - Fruit - Biscuit	- Pizza w/ Turkey Sausage - Green Beans - Fruit Cocktail - Side Salad	- Herb Garlic Chicken - Rosemary Potatoes - Carrots - Coleslaw - Dinner Roll	- Vegetable Lasagna - Brussels Sprouts - Fruit - Dinner Roll	- Meatloaf w/ Ketchup - Red Potatoes - Mixed Vegetables - Peaches - Biscuit

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**