

MARCH 2026

DINING ROOM MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Fajita Chicken Spanish Rice Southwest Corn Mexi Slaw Corn Tortilla</p>	<p>3</p> <p>Bean & Cheese Burrito Jojos Corn Pea & Cheese Salad Naan Bread</p>	<p>4</p> <p>Frittata with Broccoli & Cheese Peas Cole Slaw Biscuit</p>	<p>5</p> <p>Korean Meatballs White Rice Peas & Carrots Asian Slaw Dinner Roll</p>	<p>6</p> <p>Herb Garlic Chicken Rosemary Potatoes Carrots Fruit Focaccia Bread</p>
<p>9</p> <p>Swedish Meatballs Pasta Green Beans Pears Garlic Toast</p>	<p>10</p> <p>Bourbon Chicken White Rice Corn Applesauce Dinner Roll</p>	<p>11</p> <p>Whitefish Couscous Green Beans Pickled Beets Naan Bread</p>	<p>12</p> <p>Orange Chicken White Rice Peas & Carrots Asian Slaw Fortune Cookie</p>	<p>13</p> <p>Meatloaf w/ Ketchup Mashed Potatoes Mixed Vegetables Peaches Dinner Roll</p>
<p>16</p> <p>Corned Beef Cabbage Potatoes Applesauce Sourdough Bread</p>	<p>17</p> <p>Chicken Tenders Jojos Peas Cole Slaw Biscuit</p>	<p>18</p> <p>Cheese Ravioli Marinara Sauce Green Beans Pears Sourdough Bread</p>	<p>19</p> <p>Chicken Parmesan Pasta Broccoli Tropical Fruit Garlic Toast</p>	<p>20</p> <p>Chili Con Carne White Rice Mixed Vegetables Three Bean Salad Cornbread</p>
<p>23</p> <p>Closed Today</p>	<p>24</p> <p>BBQ Chicken Roasted Potatoes Mixed Vegetables Fruit Cornbread</p>	<p>25</p> <p>Veggie Lasagna Brussels Sprouts Fruit Focaccia Bread</p>	<p>26</p> <p>Salmon White Rice Peas & Carrots Pears Dinner Roll</p>	<p>27</p> <p>Spaghetti w/ Meat Sauce Carrots Peaches Garlic Toast</p>
<p>30</p> <p>Salisbury Steak Red Potatoes Corn Fruit Sourdough Bread</p>	<p>31</p> <p>Teriyaki Chicken White Rice Carrots Orange Wedges Fortune Cookie</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