

May 2026



Dining Room Menu

				<p>1</p> <p>Salisbury Steak Red Potatoes Corn Fruit Sourdough Bread</p>
<p>4</p> <p>Chicken Tenders Jojos Peas Applesauce Biscuit</p>	<p>5</p> <p>Meatloaf w/ Ketchup Mashed Potatoes Mixed Vegetables Fruit Dinner Roll</p>	<p>6</p> <p>BBQ Chicken Roasted Potatoes Mixed Vegetables Fruit Cornbread</p>	<p>7</p> <p>Salmon White Rice Peas & Carrots Pears Dinner Roll</p>	<p>8</p> <p>Fajita Chicken Spanish Rice Southwest Corn Mexi Slaw Corn Tortilla</p>
<p>11</p> <p>Cheese Ravioli Marinara Sauce Green Beans Pears Biscuit</p>	<p>12</p> <p>Bourbon Chicken Jojos Peas Peaches Dinner Roll</p>	<p>13</p> <p>Celebrate Birthdays Frittata w/ Broccoli and Cheese Potatoes, Peas Tropical Fruit Biscuit</p>	<p>14</p> <p>Chicken Parmesan Pasta Broccoli Tropical Fruit Garlic Toast</p>	<p>15</p> <p>Chili Con Carne White Rice Mixed Vegetables Three Bean Salad Cornbread</p>
<p>18</p> <p>Korean Meatballs White Rice Peas & Carrots Asian Slaw Naan Bread</p>	<p>19</p> <p>Honey Mustard Chicken Rosemary Potatoes Cole Slaw Fruit Potato Chips</p>	<p>20</p> <p>Whitefish Couscous Green Beans Pickled Beets Focaccia Bread</p>	<p>21</p> <p>Orange Chicken White Rice Peas & Carrots Asian Slaw Fortune Cookie Naan Bread</p>	<p>22</p> <p>Spaghetti w/ Meat Sauce Carrots Peaches Garlic Toast</p>
<p>25</p> <p>Closed No Lunch Today</p>	<p>26</p> <p>Swedish Meatballs Pasta Green Beans Garlic Toast</p>	<p>27</p> <p>Herb Garlic Chicken Rosemary Potatoes Carrots Pears Dinner Roll</p>	<p>28</p> <p>Veggie Lasagna Brussels Sprouts Fruit Focaccia Bread</p>	<p>29</p> <p>Teriyaki Chicken White Rice Carrots Orange Wedges Fortune Cookie 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**