

Malheur Council on Aging Menu Ontario October 2025

MCOA&CS Office - 842 SE 1st Ave. Ontario, OR - (541) 889-7651

Lunch is Served from 12:00 pm to 1:00 pm; Seniors 60 & older, no charge; 59 & younger, \$5.00/meal

Thursday, October 2, 2025	Tuesday, October 7, 2025	Thursday, October 9, 2025	Tuesday, October 14, 2025	Thursday, October 16, 2025
Cabbage Salad BBQ Pork Steamed Rice Hot Vegetable Crescent Rolls Wheat Bread Dessert Milk	Green Salad w/ Dressing Fried Chicken Mashed Potatoes Country Gravy Hot Vegetable Biscuits Dessert Milk	Green Salad w/ Dressing Sweet & Sour Pork Fried Rice Vegetable Chow Mein Hot Vegetable Clover Leaf Rolls Dessert Milk	Taco Soup Soft Beef Tacos Seasoned Beans Spanish Rice Salsa/Lettuce/Tomato/ Cheese Flour Tortillas Dessert Milk	Green Salad w/ Dressing Turkey Noodle Casserole Hot Vegetable Wheat Dinner Rolls Happy Birthday Cake!!!!!! Milk

Tuesday, October 21, 2025	Thursday, October 23, 2025	Tuesday, October 28, 2025	Thursday, October 30, 2025	
Green Salad w/ Dressing Lasagna Hot Vegetable Mini French Loaf Garlic Butter Dessert Milk	Green Salad w/ Dressing Baked Ham Scalloped Potatoes Hot Vegetable Wheat Bread Dessert Milk	Soup of the Day Beef Tips w/ Gravy Pasta Hot Vegetable Potato Bread Dessert Milk	Cabbage Salad Hot Turkey Sandwich Mashed Potatoes Turkey gravy Hot Vegetable Wheat Bread Dessert Milk	