

Malheur Council on Aging Menu Vale October 2025

Vale Senior Center - 100 Longfellow St. S, Vale, OR - (541) 473-3185

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

Wednesday, October 1, 2025	Monday, October 6, 2025	Wednesday, October 8, 2025	Monday, October 13, 2025	Wednesday, October 15, 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

Monday, October 20, 2025	Wednesday, October 22, 2025	Monday, October 27, 2025	Wednesday, October 29, 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	