

July 2025 - Malheur Council on Aging Menu - Ontario

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

Tuesday, July 1	Thursday, July 3	Tuesday, July 8	Thursday, July 10	Tuesday, July 15
Green Salad w/ Ranch Dressing Philly Steak Sandwich Scalloped Potatoes Hot Vegetable Wheat Hoagie Rolls Dessert Milk	Potato Salad Fried Chicken Baked Beans Fresh Vegetables Wheat Dinner Rolls Dessert Milk PICNIC DAY!!!	Soup of the Day Meat Loaf Mashed Potatoes Brown Gravy Hot Vegetable Dinner Rolls Dessert Milk	Soup of the Day Chicken/Bac/Cheese/ Wrap Pasta Salad Hot Vegetable Dessert Milk	Gelatin Salad Taco Salad Beef Taco Mix Lettuce/Cheese/Salsa /Sour Cream Tortilla Chips Hot Vegetable Happy Birthday Cake!!! Milk

Thursday, July 17	Tuesday, July 22	Thursday, July 24	Tuesday, July 29	Thursday, July 31
Egg Flower Soup Sweet & Sour Pork Egg Roll Pork Fried Rice Hot Vegetable Wheat Bread Dessert Milk	Green Salad w/ French Dressing Hot Roast Beef Sandwich Mashed Potatoes Brown Gravy Hot Vegetable White Bread Dessert Milk	Green Salad w/ Creamy Italian Chicken Alfredo Pasta Hot Vegetable Garlic Bread Dessert Milk	Soup of the Day Stuffed Peppers Mashed Potatoes w/Gravy Hot Vegetable Dinner Roll Dessert Milk	Fresh Fruit Salad French Toast w/Fruit Compote Scrambled Eggs Bacon Maple Bar Milk