


Malheur Council on Aging Menu Vale March 2024

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 and older - no charge; 59 and younger \$5.00/meal

		Monday, Mar. 4	Wednesday, Mar. 6	Monday, Mar. 11
 <p>Celebrate the Senior Nutrition Program 2024 · CONNECTION IN EVERY BITE</p>		Fresh Fruit Medley	Green Salad W/ Ranch Dressing	Vegetable Tray w/ Ranch Dressing
		Chicken Enchiladas	Pork Loin	Sloppy Joes
		Spanish Rice	Mashed Potatoes	Macaroni Salad
		Seasoned Beans	Gravy	Hot Vegetables
		Hot Vegetable Salsa/ Sour Cream	Hot Vegetables	Wheat Kaiser Bun
		Dessert	Dessert	Dessert
		Milk	Milk	Milk

Wednesday, Mar. 13	Monday, Mar. 18	Wednesday, Mar. 20	Monday, Mar. 25	Wednesday, Mar. 27
Potato Chowder	Cole Slaw	Fresh Fruit Medley	Vegetable Soup	Vegetable Tray w/ Ranch Dressing
Fish Sticks	Beef Stroganoff	Fried Chicken	Sweet and Sour Pork	Hamburgers
Chips	White Rice	Mashed Potatoes	White Rice	Pickles, Lettuce,
Hot Vegetables	Hot Vegetables	Gravy	Hot Vegetables	Tomato, Mayo, Mustard,
Tartar Sauce	Wheat Dinner Rolls	Hot Vegetables	Crescent Rolls	Catsup
		Wheat Dinner Rolls		Potato Chips
				Hot Vegetables
Dessert	Dessert	Dessert	Dessert	Wheat Bun
Milk	Milk	Milk	Milk	Dessert
				Milk