

MCOA&CS March 2026 Menu - Nyssa

Nyssa Senior Center - 316 Good Ave., Nyssa, OR - (541) 372-5660

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

Tuesday, March 3, 2026	Thursday, March 5, 2026	Tuesday, March 10, 2026
Soup of the Day - 1 Bowl Baked Pork Roast 3 oz Mashed Potatoes 4 oz Gravy 4 oz Hot Vegetables 8 oz Dessert: Cupcakes 1 ea Milk/Coffee/Water	Salad w/dressing 6 oz/1 oz Beef Tacos 3 oz Refried Beans 4 oz Hot Vegetables - 8 oz Salsa/Sour Cream 1 oz/1 oz Tortillas 2 ea Dessert: Brownies 1 ea Milk/Coffee/Water	Soup of the Day 1 bowl BBQ Chicken 3 oz Au gratin Potatoes 3 oz Hot Vegetables - 8 oz Roll 1 ea Dessert: Fruit Bar - 1 ea Milk/Coffee/Water
Thursday, March 12, 2026	Tuesday, March 17, 2026	Thursday, March 19, 2026
Salad w/dressing 6 oz/1 oz Spaghetti 1/2 cup Meat Sauce 1/2 cup Hot Vegetables - 8 oz Cheesy Garlic Bread 1 sl Dessert: Cookies 2 ea Milk/Coffee/Water	Soup of the Day 1 bowl Baked Ham 3 oz Apple Dressing 4 oz Ham Gravy 4 oz Hot Vegetables 8 oz Dinner Roll 1 ea Happy Birthday Cake!! Milk/Coffee/Water	Salad w/ Dressing 6 oz/1 oz Chicken Quarters 1 ea Mashed Potatoes - 4 oz Hot Vegetables - 8 oz Wheat Bread - 2 slice Dessert: Apple Pie - 1 piece Milk/Coffee/Water
Tuesday, March 24, 2026	Thursday, March 26, 2026	
Soup of the Day - 1 bowl Beef Stir Fry 6 oz Steamed Rice - 4 oz Hot Vegetables - 8 oz Dinner Roll 1 ea Dessert: Peach Cobbler 4 oz Milk/Coffee/Water	Cabbage Salad 8 oz Tuna Nuoodle Casserole 8 oz Hot Vegetables - 8 oz Wheat Bread - 2 sl Dessert: Cookies 2 ea Milk/Coffee/Water	