

MCOA&CS September 2026 Menu - Nyssa

Nyssa Senior Citizens Center - 316 Good Ave., Nyssa, 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, September 1, 2026	Thursday, September 3, 2026	Tuesday, September 8, 2026
Pork Loin Mashed Potatoes w/Gravy Hot Vegetable Wheat Bread Carrot Cake Milk/Coffee/Water	Chicken Fajitas Salad w/ Dressing Spanish Rice Hot Vegetable Cheese/Salsa/Sour Cream Tortillas Empanada Milk/Coffee/Water	Baked Ham Salad w/Dressing Mashed Potatoes w/ Gravy Hot Vegetable Wheat Bread Cookies Milk/Coffee/Water
Thursday, September 10, 2026	Tuesday, September 15, 2026	Thursday, September 17, 2026
Turkey Sandwich Coleslaw Mac Salad Hot Vegetables Wheat Bread Brownies Milk/Coffee/Water	Chicken Quarters Salad w/Dressing Mashed Potatoes w/Gravy Hot Vegetable Dinner Roll Birthday Cake! Milk/Coffee/Water	Chili w/Meat Steamed Rice Hot Vegetable Fresh Fruit Cupcake Milk/Coffee/Water
Tuesday, September 22, 2026	Thursday, September 24, 2026	Tuesday, September 29, 2026
Spaghetti w/Meat Sauce Salad w/ Dressing Hot Vegetable Garlic Dinner Roll Peach Cobbler Milk/Coffee/Water	Meatloaf Salad w/Dressing Mashed Potatoes w/Gravy Hot Vegetable Wheat Bread Fresh Fruit Cookies Milk/Coffee/Water	BBQ Chicken Mashed Potatoes w/Gravy Hot Vegetable Slider Buns (2 ea.) Jell-O Cinnamon Rolls Milk/Coffee/Water