

MCOA&CS October 2026 Menu - Vale

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

Monday, October 5, 2026	Wednesday, October 7, 2026	Monday, October 12, 2026
Turkey Mashed Potatoes w/ Turkey Green Beans Dinner Roll Fruit Salad w/Dressing Fruit Hand Pie Milk/Coffee/Water	Al Pastor Pineapple Salsa Cilantro Lime Rice Mixed Veggies Tortilla (2) Fruit Chicken Tortilla Soup Fruit Bearclaw Milk/Coffee/Water	Chicken Pot Pie Mixed Veggies Fruit Salad w/ Dressing Pie Crust Disk (2) Fresh Fruit Dutch Apple Pie Milk/Coffee/Water
Wednesday, October 14, 2026	Monday, October 19, 2026	Wednesday, October 21, 2026
Beef & Broccoli Steamed White Rice Carrots Fruit Egg Flower Soup Japanese Milk Roll Birthday Cake Milk/Coffee/Water	Chicken Alfredo Rotini Peas Garlic Focaccia Breadstick Fruit Salad w/ Dressing Carrot Cake Cupcake Milk/Coffee/Water	Lemon Thyme Chicken Rice Pilaf Green Beans Fruit Minestrone Soup Clover Roll Cinnamon Roll Milk/Coffee/Water
Monday, October 26, 2026	Wednesday, October 28, 2026	
Marinara w/ Italian Sausage Rotini Peas Fruit Salad w/ Dressing Garlic Knots Fruit Turnover Milk/Coffee/Water	Pork Carnitas Enchilada Spanish Rice Carrots Salsa/Sour Cream Fruit Hearty Vegetable Soup Jalapeno Cheddar Roll Fruit Empanada Milk/Coffee/Water	