

# MCOA&CS July 2026 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

| Thursday, July 2, 2026                                                                                                               | Tuesday, July 7, 2026                                                                             | Thursday, July 9, 2026                                                                                                                |
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| Cheeseburger w/ Bacon & Bun<br>Potato Salad<br>Hot Vegetable<br>Fresh Fruit<br><br>Apple Pie w/ Whipped Topping<br>Milk/Coffee/Water | Lasagna<br>Salad w/Dressing<br>Hot Vegetable<br>Garlic Bread<br><br>Brownies<br>Milk/Coffee/Water | Beef Chili<br>Baked Potatoes<br>Mixed Veggies<br>Sour Cream & Cheese<br>Corn Muffin<br><br>Apple Cinnamon Muffin<br>Milk/Coffee/Water |

| Monday, July 13, 2026                                                                                                                 | Wednesday, July 15, 2026                                                                                                                                          | Tuesday, July 21, 2026                                                                                                      |
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| Beef Fajitas<br>Spanish Rice<br>Hot Vegetable<br>Salad w/ Dressing<br>Cheese, Salsa, Sour Cream<br><br>Empanadas<br>Milk/Coffee/Water | BBQ Chicken Quarters<br>Mashed Potatoes w/ Gravy<br>Salad w/ Dressing<br>Hot Vegetable<br>Fresh Fruit<br>Cornbread Muffin<br>BIRTHDAY CAKE!!<br>Milk/Coffee/Water | Meat Loaf<br>Mashed Potatoes w/Gravy<br>Hot Vegetable<br>Wheat Dinner Roll<br><br>Strawberry Shortcake<br>Milk/Coffee/Water |

| Thursday, July 23, 2026                                                                                                | Tuesday, July 28, 2026                                                                                            | Thursday, July 30, 2026                                                                                        |
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| Beef Stir Fry<br>Hot & Sour Soup<br>Steamed Rice<br>Hot Vegetable<br>Japanese Roll<br><br>Cookies<br>Milk/Coffee/Water | Ravioli w/Sauce<br>Salad w/ Dressing<br>Hot Vegetable<br>Garlic Cheese Bread<br><br>Cupcakes<br>Milk/Coffee/Water | Hot Turkey Sandwich<br>Mashed Potatoes w/Gravy<br>Hot Vegetable<br><br>Dessert of the Day<br>Milk/Coffee/Water |