

# MCOA&CS March 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, March 2, 2026	Wednesday, March 4, 2026	Monday, March 9, 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 Fajitas 6 oz Spanish Rice 4 oz Hot Vegetables - 8 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
Wednesday, March 11, 2026	Monday, March 16, 2026	Wednesday, March 18, 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: Brownies 1 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 <b>Happy Birthday Cake!!</b> 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
Monday, March 23, 2026	Wednesday, March 25, 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	