

MCOA&CS July 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

Wednesday, July 1, 2026	Monday, July 6, 2026	Wednesday, July 8, 2026
Cheeseburger w/ Bacon & Bun Potato Salad Hot Vegetable Fresh Fruit Cheese, Bacon, Lettuce, Tomato Onions, Mustard, Ketchup Apple Pie w/ Whipped Topping Milk/Coffee/Water	Lasagna Salad w/Dressing Hot Vegetable Garlic Bread Brownies Milk/Coffee/Water	Beef Chili Baked Potatoes Mixed Veggies Sour Cream & Cheese Corn Muffin Apple Cinnamon Muffin Milk/Coffee/Water
Monday, July 13, 2026	Wednesday, July 15, 2026	Monday, July 20, 2026
Beef Fajitas Spanish Rice Hot Vegetable Salad w/ Dressing Cheese, Salsa, Sour Cream Tortillas Empanadas Milk/Coffee/Water	BBQ Chicken Quarters Mashed Potatoes w/ Gravy Salad w/ Dressing Hot Vegetable Fresh Fruit Cornbread Muffin BIRTHDAY CAKE!! Milk/Coffee/Water	Meat Loaf Mashed Potatoes w/Gravy Hot Vegetable Wheat Dinner Roll Strawberry Shortcake Milk/Coffee/Water
Wednesday, July 22, 2026	Monday, July 27, 2026	Wednesday, July 29, 2026
Beef Stir Fry Hot & Sour Soup Steamed Rice Hot Vegetable Japanese Roll Fresh Fruit Cookies Milk/Coffee/Water	Ravioli w/Sauce Salad w/ Dressing Hot Vegetable Garlic Cheese Bread Cupcakes Milk/Coffee/Water	Hot Turkey Sandwich Mashed Potatoes w/Gravy Hot Vegetable Dessert of the Day Milk/Coffee/Water