

MCOA&CS September 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, September 2, 2026	Monday, September 7, 2026	Wednesday, September 9, 2026
Chicken Fajitas Spanish Rice Hot Vegetable Salad w/Dressing Salsa/Cheese/Sour Cream Tortillas Fresh Fruit Empanada Milk/Coffee/Water	Labor Day Holiday Observed (No Meal Served)	Turkey Sandwich Mac Salad Hot Vegetable Mayo/Mustard Wheat Bread Fresh Fruit Brownies Milk/Coffee/Water
Monday, September 14, 2026	Wednesday, September 16, 2026	Monday, September 21, 2026
Chicken Quarters Mashed Potatoes Salad w/Dressing Hot Vegetables Dinner Roll Birthday Cake! Milk/Coffee/Water	Chili w/Meat Steamed Rice Hot Vegetable Cornbread Muffin Cupcake Milk/Coffee/Water	Spaghetti w/Meat Sauce Salad w/ Dressing Hot Vegetable Garlic Dinner Roll Jell-O Peach Cobbler Milk/Coffee/Water
Wednesday, September 23, 2026	Monday, September 28, 2026	Wednesday, September 30, 2026
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.) Cinnamon Rolls Milk/Coffee/Water	Pork Loin Baked Potato Hot Vegetable Wheat Bread Fresh Fruit Fruit Bar Milk/Coffee/Water