

Deliver a Difference



SENIOR MEALS OF COOS COUNTY

NUTRITION · EVENTS · COMMUNITY EDUCATION
TRI-COUNTY COMMUNITY ACTION, INC

August 2024, Menu

<p>Menu subject to change without notice</p>	<p>Suggested Donation \$3.00-\$4.00 per meal</p>	<p>Please call by 10AM to reserve your spot <u>752-2545</u></p>	<p>Chef's Salad Ice Box Cake</p>	<p>Pancakes w/blueberry topping Ham Home fries Orange Juice</p>
<p>Meatloaf Mashed Potato Brussel sprouts Vanilla pudding/ fruit</p>	<p>Cold Chicken Grain Bowl beans/Quinoa carrots Fresh fruit</p>	<p>Roast Pork w/gravy Sweet potato wedges Pickled beets Peanut butter bar</p>	<p>Fish & Chips Peas & pearl onions Pears</p>	<p>Greek omelet casserole Home fries Sausage Fresh Fruit</p>
<p>American chop suey Normandy blend vegetable Peaches</p>	<p>BBQ Pulled pork sand Baked Beans Corn Fresh fruit</p>	<p>Chicken Bowl/ Broccoli & Farro Chocolate pudding</p>	<p>Hearty Vegetable Soup Sandwich Cole Slaw Watergate Pie</p>	<p>Scrambled Eggs Home fries Sausage Toast & Juice</p>
<p>Pork and Pineapple grain bowl/brown rice/vegetables Mandarin oranges</p>	<p>Chili baked potato Mixed Vegetable Cookie</p>	<p>Chicken salad w/craisins Sweet Potato salad 3 bean Salad Apple</p>	<p>Chinese Pie Green Beans No bake jello pie</p>	<p>French toast w/berries Baked beans Bacon Fresh fruit</p>
<p>Chicken Stir fry Barley Sauteed Cabbage Tropical fruit</p>	<p>Sloppy Joe and black beans Normandy Blend Fresh fruit</p>	<p>Fish Mashed Sweet Potato Spinach Mousse</p>	<p><u>Birthday Celebration</u> Vegetable Lasagna Broccoli Cake</p>	<p>Vegetable Cheddar Oven Omelet Bacon & Home Fries Muffin Applesauce</p>