



Lake Oswego Adult Community Center
505 "G" Avenue, Lake Oswego
503-635-3758
Congregate Lunch
11:30am- 12:30pm
Monday, Wednesday & Friday

October 2024 Menu

2 - Wednesday

Hawaiian Macaroni Salad
Kalua Pork w/Rice
Carrots
Sweet Roll
Hawaiian Cake

4 – Friday

Caesar Salad
Beef Stew
Roll
Cookie

7 – Monday

Kale Salad
Chicken Noodle Casserole w/Peas & Carrot
Roll
Cookie

9 – Wednesday

Tossed Salad
Italian Sausage Butternut Soup
Fruit
Roll
Cookie

11 – Friday

Mixed Greens
Cobb Salad
Roll
Cookie

14 – Monday

Tossed Salad
Vegetable Chili
Roll
Cookie

16 – Wednesday October Birthdays

Mixed Green Salad
Shepherd's Pie w/Peas & Carrots
Wheat Roll
Birthday Cake

18 – Friday

Chuckwagon Lunch

Cowboy Caviar
BBQ Chicken Thighs
Corn Bread
Cowboy Cookie

21 - Monday

Mixed Green Salad
Tuna Niçoise
Onion Roll
Pumpkin Cake

23 - Wednesday

Broccoli Slaw
Pulled Pork w/Bun
Baked Beans
Blondie Bar

25 - Friday

Caesar Salad
Meatloaf
Mashed Potatoes
Corn
Dinner Roll
Fruit Crisp

28 – Monday

Spinach Salad
African Sweet Potato Stew
Fruit
Onion Roll
Peach Cobbler

30 - Wednesday

Halloween Lunch

The Munster's Salad
Medusa (Cincinnati) Chili
Swampy Root Veggies
Vampire Hate Garlic Roll
Mummy's Pumpkin Brownie

***Menu Items Subject to Change**