





Willamette Valley Medical Center



Monday	Tuesday	Wednesday	Thursday	Friday
24-Mar	25-Mar	26-Mar	27-Mar	28-Mar
MEATLESS				
stuffed bell peppers with quinoa and vegetables	South Carolina Mustard BBQ Pulled Chicken	beef bourguignon, tender beef stewed in red wine with mushrooms, onions, and bacon	maple roasted pork tenderloin	Mango BBQ Meatballs
chicken cacciatore: succulent chicken pieces stewed in a savory tomato sauce with bell peppers	Smothered Chopped Steak	classic seared chicken marsala	tender beef pot roast slow-cooked to perfection with hearty vegetables and savory herbs	Jamican Curry Chicken
crisp green beans sautéed with garlic and almonds	Butternut Squash and Bacon Hash	roasted mixed italian vegetables	snap peas lightly seared to preserve their crispness, tossed with vibrant tri-color peppers	Jamaican Callaloo
oven-roasted cauliflower florets seasoned with aromatic spices	Orange glazed Carrots with Cilantro	fresh spinach leaves delicately sautéed with garlic and olive oil	tender carrots delicately glazed with clarified butter	Jerk Roast Vegetables
cornbread pudding	Red Beans and Rice	creamy polenta	velvety whipped potatoes blended with creamy sour cream and fresh chives	Sweet potato Fries
garden rice brimming with a colorful medley of fresh vegetables	Creole Mac & Cheese	tender egg-noodles tossed in a luscious buttery sauce	golden roasted sweet potato wedges, caramelized to perfection	Coconut Lime rice
broccoli cheddar Whitebean and Tomato	Navy Bean & Ham Soup Irish Potato	Hearty Vegetable Chicken Enchilada	kale and sausage Cream of Mushroom	Stuffed Potato, Chicken Sweet Potato Stew
maple pecan bars	Pineapple Upside Down Cake	apple pear crisp	fig and walnut bread pudding	Giant Cookie

Menu items are subject to change without notice due to product availability