

Willamette Valley Medical Center



Monday 28-Oct	Tuesday 29-Oct	Wednesday 30-Oct	Thursday 31-Oct	Friday 1-Nov
MEATLESS				ADOBO



		Monday 28-Oct	Tuesday 29-Oct	Wednesday 30-Oct	Thursday 31-Oct	Friday 1-Nov	
Entrées	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		Virginia Ham and Biscuits	classic seared chicken marsala	tender beef pot roast slow-cooked to perfection with hearty vegetables and savory herbs	Jamican Curry Chicken	
	Vegetables	crisp green beans sautéed with garlic and almonds		Savory Collard Greens	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
	Starch	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
CHEF'S TABLE							
comfort		broccoli cheddar	Navy Bean & Ham Soup	creamy apple and parsnip	kale and sausage	Chicken Sweet potato Stew	
INDULGE		maple pecan bars	Campfire Berry Peach Cobbler	apple pear crisp	fig and walnut bread pudding	Giant Cookie	

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