



# Senior Meals

## Brewster-Bridgeport-Pateros

### January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1 CLOSED 	2 French Dip Pickled Beets Pea Salad Waldorf Salad Dessert	3 Cheeseburger Deluxe Coleslaw Fruit Tray Dessert	4
7	8 Italian Meatballs in Marinara Sauce Pasta Italian Vegetables Caesar Salad Fruit Cocktail Garlic Bread Dessert	9 Polish Sausage Sauerkraut Pea Salad Peaches Dessert	10 Oven Fried Chicken Jo Jo's Buttered Corn Spiced Salad Orange Quarters WW Roll Dessert	11
14	15 Biscuits & Gravy Stewed Tomatoes Juice Fresh Fruit Blueberry Muffin	16 Tuna Noodle Casserole Peas & Carrots Spinach Salad Peaches Garlic Bread Dessert	17 Chili with Cheese 1/2 Baked Potato Buttered Corn Tossed Green Salad Apple Celery Salad Cornbread Dessert	18 
21 CLOSED 	22 Pot Roast Roasted Potatoes Green Beans Tossed Green Salad Pears WW Bread or Roll Dessert	23 Baked Fish Wild Rice Buttered Corn Coleslaw Citrus Salad WW Bread or Roll Dessert	24 Cabbage Patch Stew Whole Grain Crackers Mediterranean Salad Tropical Fruit WW Roll Dessert	25
28	29 Hamburger Stroganoff Trio Vegetables Spinach Salad Peaches French Bread Dessert	30 Ham Scalloped Potatoes Brussels Sprouts Garden Salad Cherries & Pineapple WW Bread or Roll Dessert	31 Chicken Strips Jo Jo's Peas & Carrots Caesar Salad Apple Slices WW Bread Dessert	

**Seniors Age 60 & over—suggested donation \$4.00**

**Under age 60—\$8.50 FEE**






Please call the Site Director for more information about the Home Delivered Meal program at 689-2815





# Omak-Okanogan Senior Meals January 2019






Okanogan	Omak	Okanogan	Omak
Monday	Tuesday	Wednesday	Friday
	1 CLOSED 	2 French Dip Pickled Beets Pea Salad Waldorf Salad Dessert	3 4 Clam Chowder 1/2 Tuna Sandwich Kale Slaw Tropical Fruit Dessert
7 Biscuits & Sausage Gravy Stewed Tomatoes Juice Fresh Fruit Blueberry Muffin	8 Hamburger Stroganoff Trio Vegetables Garden Salad Apricots French Bread Dessert	9 Minestrone Soup Cottage Cheese Caesar Salad Peaches WW Roll Dessert	10  11 Chili with Cheese 1/2 Baked Potato Buttered Corn Tossed Green Salad Apple Celery Salad Cornbread Dessert
14 Pork Roast Stuffing & Gravy Broccoli Garden Salad Tropical Fruit WW Bread or Roll Dessert	15 Beef Tacos Spanish Rice Mexi Corn Cinnamon Applesauce Tapioca	16 Lasagna Peas Caesar Salad Pears Garlic Bread Dessert	17 18 Chicken Cordon Bleu Herbed Fettuccine Cooked Carrots Garden Salad Mandarin Oranges Bread Pudding
21 CLOSED 	22 Vegetable Beef Soup Cottage Cheese Spinach Salad Strawberries & Bananas WW Bread or Roll Dessert	23 Polish Sausage Sauerkraut Three Bean Salad Peaches Dessert	24  25 Baked Fish Wild Rice Green Bean Casserole Coleslaw Citrus Salad WW Bread or Roll Dessert
28 Chicken Strips Jo Jo's Trio Vegetables Green Salad Pineapple & Cherries WW Bread Dessert	29 Salisbury Steak Mashed Potatoes Buttered Peas Spinach Salad Roll Apple Crisp 	30 Cabbage Patch Stew Mediterranean Salad Waldorf Salad Whole Grain Crackers WW Roll Dessert	31 <div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>Seniors Age 60 &amp; over suggested donation \$4.00 Under age 60—\$8.50 FEE For Home Delivered Meals please call 509-826-7979</p> </div>



# Oroville Senior Meals January 2019


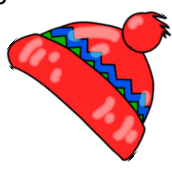



Monday	Tuesday	Wednesday	Thursday	Friday
	1 CLOSED  	2	3 Polish Sausage Sauerkraut Crunchy Pea Salad Peaches Dessert	4 Clam Chowder 1/2 Tuna Sandwich Coleslaw Tropical Fruit Dessert
7	8 Hamburger Stroganoff Trio Vegetables Garden Salad Peaches French Bread Dessert	9	10 White Bean Chicken Chili Whole Wheat Crackers Buttered Corn Tossed Green Salad Apple Celery Salad Cornbread Dessert	11 Baked Fish Wild Rice Green Beans Coleslaw Citrus Salad WW Bread or Roll Dessert
14	15 BBQ Country Ribs Tater Tots Green Beans Carrot Raisin Salad Pineapple Tidbits Cornbread Dessert	16  	17 Ham & Cheese Quiche Steamed Broccoli Garden Salad Fresh Fruit Dessert	18 Tuna Casserole Peas & Carrots Tossed Salad Peaches Garlic Bread Dessert
21 CLOSED  	22 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	23	24 Chicken Strips Jo Jo's Peas & Carrots Green Salad Apple Slices WW Bread Dessert	25 Pork Chops Stuffing & Gravy Broccoli Garden Salad Tropical Fruit WW Bread or Roll Dessert
28	29 Ham Scalloped Potatoes Roasted Brussels Sprouts Garden Salad Pineapple WW Bread or Roll Dessert	30  	31 French Dip Pickled Beets Pea Salad Waldorf Salad Dessert	<div style="border: 2px solid black; padding: 10px;"> <p><b>Seniors Age 60 &amp; over— suggested donation \$4.00</b></p> <p><b>Under age 60—\$8.50 FEE</b></p> <p>Please call the Site Director for more information about the Home Delivered Meal program at 476-2412</p> </div>



# Twisp Senior Meals January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1 CLOSED 	2	3 Clam Chowder 1/2 Egg or Tuna Salad Sandwich Kale Slaw Tropical Fruit Dessert	4 Meatloaf Potatoes & Gravy Buttered Peas Green Salad Peaches WW Bread or Roll Dessert
7 Sweet & Sour Chicken Over Rice Stir Fry Vegetables Cabbage & Apple Slaw Tropical Fruit WW Bread or Roll Dessert	8	9	10 Chicken Cordon Bleu Wild Rice Cooked Carrots Garden Salad Mandarin Oranges Bread Pudding	11 Polish Sausage on Bun Sauerkraut Pea Salad Peaches Dessert
14 Lasagna Green Beans Tossed Green Salad Pears Garlic Bread Dessert	15	16 	17 Pork Chops or Roast Stuffing & Gravy Broccoli Garden Salad Tropical Fruit WW Bread or Roll Dessert	18 Spaghetti & Meat Sauce Caesar Salad Peaches Bread Sticks Dessert
21 CLOSED 	22	23	24 Tuna Noodle Casserole Peas & Carrots Tossed Salad Peaches WW Roll Dessert	25 Country Fried Steak Potatoes & Gravy Buttered Corn Lettuce & Tomato Salad Apricots Biscuit Dessert
28 Chili with Cheese 1/2 Baked Potato Buttered Corn Tossed Green Salad Apple Celery Salad Cornbread Dessert	29	30	31 Biscuit & Sausage Gravy Stewed Tomatoes Juice Fresh Fruit Blueberry Muffin	

**Seniors Age 60 & over—  
suggested donation \$4.00**

**Under age 60—\$8.50 FEE**







Please call the Site Director for more information about the Home Delivered Meal program at 997-7722





# Tonasket Senior Meals January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<div style="display: flex; justify-content: space-between;"> <span>1</span> <span>2</span> <span>3</span> <span>4</span> </div>				
<div style="border: 2px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p><b>Seniors Age 60 &amp; over— suggested donation \$4.00</b></p> <p><b>Under age 60—\$8.50 FEE</b></p> <p>Please call the Site Director for more information about the Home Delivered Meal program at 486-2483</p> </div>				
7 Meatloaf Potatoes & Gravy Buttered Peas Green Salad Peaches WW Bread or Roll Dessert	8 	9 Sweet & Sour Chicken Rice Stir Fry Vegetables Cabbage & Apple Slaw Tropical Fruit WW Bread Dessert	10 Chicken Cordon Bleu Parsley Potatoes Cooked Carrots Garden Salad Mandarin Oranges Bread Pudding	11 
14 Lasagna Green Beans Caesar Salad Pears Garlic Bread Dessert	15 	16 Salisbury Steak Mashed Potatoes & Gravy Buttered Peas Spinach Salad Roll Apple Crisp	17 Pork Roast Stuffing & Gravy Broccoli Garden Salad Tropical Fruit WW Bread or Roll Dessert	18
21 CLOSED 	22	23 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	24 Cheeseburger Deluxe Coleslaw Fruit Tray Dessert	25 
28 Baked Fish Wild Rice Green Bean Casserole Coleslaw Citrus Salad WW Bread Dessert	29 	30 Chicken Strips Jo Jo's Peas & Carrots Green Salad Apple Slices WW Bread Dessert	31 BBQ Country Ribs Sweet Potato Fries Pasta Salad Carrot Raisin Salad Pineapple Tidbits Cornbread Dessert	