



# Wilbur Senior Meals

## July 2017




Monday	Tuesday	Wednesday	Thursday	Friday
3	 <p>Happy 4th of July!</p>	5 Deluxe Cheeseburger Coleslaw Mixed Melons Connie's Dessert	6 Tater Tot Casserole Garden Salad Banana Dessert	7
10	11 Baked Ham Au Gratin Potatoes Snow Peas Tossed Veggie Salad Pineapple slices WW Roll Dessert	12 Biscuits & Gravy Sliced Tomatoes V-8 Juice Fruit Cocktail Connie's Dessert	13 Chili Cheese Stuffed Baked Potato Vegetable Tray Garden Salad Pears & Blueberries WW Bread Dessert	14
17	18 Country Fries Steak Potatoes & Gravy Green Beans Carrot Raisin Salad Peaches WW Bread Dessert	19 Burger Dip Sandwich Beets Coleslaw Oranges Connie's Dessert	20 Turkey Sandwich with Lettuce & Tomato Broccoli Salad Apple Celery Salad Cherry Cobbler	21
24	25 Hamburger Steak with Sauteed Onions Mashed Potatoes Mixed Vegetables Tossed Green Salad WW Bread or Roll Fruit Crisp	26 Baked Fish Au Gratin Potatoes Carrots Coleslaw Mixed Berries Garlic Bread Connie's Dessert	27 Taco's & Refried Beans Spanish Rice Cucumber Salad Sliced Peaches Custard	28
31	<div style="border: 2px solid black; padding: 10px;"> <p><b>Seniors Age 60 &amp; over—suggested donation \$3.50</b></p> <p><b>Under age 60—\$8.00 FEE</b></p> <p>Please call the Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979</p> </div>			



# Chelan Senior Meals

## July 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 PIZZA Sausage, peppers, Mushrooms, olive &amp; tomato with cheese</p> <p>Tossed Green Salad Waldorf Salad Bread Sticks Ice Cream</p>	<p>4</p> 	<p>5 BLT Sandwich Cottage Cheese Vegetable Soup Fresh Fruit Tray Dessert</p>	<p>6 Hamburger Steak w/ Sauteed Onions Mashed Potatoes Green Beans Garden Salad Fruit Crisp</p>	<p>7</p>
<p>10 Spinach Lasagna Garden Salad Waldorf Salad Garlic Bread Dessert</p>	<p>11 Sweet &amp; Sour Meatballs Rice Mixed Vegetables Cucumber Salad Tropical Fruit Salad WW Roll Dessert</p>	<p>12 SALAD BAR</p> <p>Cottage Cheese 3 Bean Salad Pea Salad w/Ham Potato Salad Melon Slices WW Roll Dessert</p>	<p>13 Pepper Steak Wild Rice Corn Green Salad Pears WW Bread Dessert</p>	<p>14</p>
<p>17 Burger Dip Sandwich Vegetable Tray Beets Cherry Cobbler</p>	<p>18 Turkey Sandwich with Lettuce &amp; Tomato Broccoli Salad Waldorf Salad Pumpkin Pie</p>	<p>19 Fish Fillet Sandwich Jo Jo's Peas &amp; Carrots Coleslaw Watermelon Sherbet</p>	<p>20 Hungarian Goulash Green Beans Caesar Salad Pears WW Bread Dessert</p>	<p>21</p>
<p>24 Chicken &amp; Pasta Casserole Mixed Vegetables Caesar Salad Mixed Berries Cracked Wheat Roll Dessert</p>	<p>25 Deluxe Cheeseburger (Lettuce, Tomato, Onion) Coleslaw Melon Dessert</p>	<p>26 Beef Stroganoff Green Beans Carrot Salad Grapes WW Roll Dessert</p>	<p>27 Quiche Bacon, Swiss &amp; Mushroom Spinach Salad Pea Salad Pineapple &amp; cherries Muffin Lemon Bar</p>	<p>28</p>
<p>31 Chicken Fettuccini Green Beans Garden Salad Fresh Fruit Roll Spice Cake</p>	<p><b>Seniors Age 60 &amp; over—suggested donation \$3.50</b></p> <p><b>Under age 60—\$8.00 FEE</b></p> <p>Please call 509-470-0522 for more information about the Home Delivered Meal program.</p>		<p>It is very costly to the senior meal program when you do not cancel your reservations. If you know you can't make it—Please call and cancel! Leavenworth 509-548-6666 8am &amp; 2 pm</p>	

**24 HOURS IN ADVANCE TO RESERVE OR CANCEL**



# Entiat Senior Meals July 2017



Monday	Tuesday	Wednesday	Thursday	Friday
3 PIZZA Sausage, peppers, Mushrooms, olive & to- mato with cheese  Tossed Green Salad Waldorf Salad Bread Sticks Ice Cream	4  Happy 4th of July!	5	6 Hamburger Steak w/ Sauteed Onions Mashed Potatoes Green Beans Garden Salad Fruit Crisp	7
10 Spinach Lasagna Garden Salad Waldorf Salad Garlic Bread Dessert	11	12	13 Pepper Steak Wild Rice Corn Green Salad Pears WW Bread Dessert	14
17 Burger Dip Sandwich With Au Jus Vegetable Tray Beets Cherry Cobbler	18 		20 Hungarian Goulash Green Beans Caesar Salad Pears WW Bread Dessert	21
24 Chicken & Pasta Casserole Mixed Vegetables Caesar Salad Mixed Berries Cracked Wheat Roll Dessert	25	26	27 Quiche Bacon, Swiss & Mushroom Spinach Salad Pea Salad Pineapple & cherries Muffin Lemon Bar	28
31 Chicken Fettuccini Green Beans Garden Salad Fresh Fruit Roll Dessert				

**24 HOURS IN ADVANCE TO RESERVE OR CANCEL**

**Seniors Age 60 & over—suggested donation**

**\$3.50**

**Under age 60—\$8.00 FEE**

Please call 509-470-0522 for more information about the  
Home Delivered Meal program.



It is very costly to the senior meal program  
when you do not cancel your reservations.  
If you know you can't make it—Please call  
and cancel!

For Chelan 888-4440 between 8am & 2 pm  
For Entiat 888-0952



# Manson Senior Meals July 2017



Monday	Tuesday	Wednesday	Thursday	Friday
3	4 	5	6	7 Burger Dip Sandwich With Au Jus Coleslaw Beets Cherry Cobbler
10	11	12	13	14 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert
17	18	19	20	21 <b>PIZZA</b> Pepperoni, olives, Tomato & onion Tossed Green Salad Waldorf Salad Bread Sticks Dessert
24	25	26 	27	28 Teriyaki Beef w/Rice Stir Fry Vegetables Garden Salad WW Roll Fruit Cobbler
31				

**24 HOURS IN ADVANCE TO RESERVE OR CANCEL**

**Seniors Age 60 & over—suggested donation \$3.50**

**Under age 60—\$8.00 FEE**

Please call 509-470-0522 for more information about the Home Delivered Meal program.

It is very costly to the senior meal program when you do not cancel your reservations. If you know you can't make it—Please call and cancel!


For Chelan 888-4440 between 8am & 2 pm  
For Manson 687-3377



# Leavenworth Senior Meals

## July 2017



Monday	Tuesday	Wednesday	Thursday	Friday-Manson	
3 Hungarian Goulash Green Beans Caesar Salad Pears Garlic Bread Dessert	4  Happy 4th of July!	5 Baked Fish Scalloped Potatoes Carrots Coleslaw Fruit Salad WW Bread Dessert	6 Biscuits & Gravy Sliced Tomatoes V-8 Juice Mixed Berries Angel Food Cake	7 Pepper Steak Wild Rice Stir Fry Vegetables Sour Cream & Cukes Pineapple WW Bread or Roll Dessert	
10 Chicken Fettuccini Broccoli Tossed Green Salad Fresh Fruit WW Bread or Roll Dessert	11 Country Fried Steak Potatoes & Gravy Green Beans Coleslaw Peaches WW Roll Dessert	12 Turkey Sandwich with Lettuce & Tomato 3 Bean Salad Waldorf Salad Pumpkin Pie	13 Teriyaki Beef over Rice Stir Fry Vegetables Lettuce & Tomato Salad WW Roll Cherry Cobbler	14 Clam Chowder Cottage Cheese Carrot Raisin Salad Garden Salad Watermelon WW Roll Dessert	
17 PIZZA Pepperoni, Sausage, Ham, Peppers, mushroom and Onion <b>OR</b> Hawaiian Style Caesar Salad Grapes Bread Sticks Dessert	18 Deluxe Cheeseburger (Lettuce, Tomato, Onion) Potato Salad Mixed Melons Dessert	19 Baked Ham Au Gratin Potatoes Snow Peas Tossed Veggie Salad Pineapple Slices WW Roll Dessert	20 Beef Stroganoff Green Beans Carrot Salad Cherries WW Bread Dessert	21 Fish Fillet Sandwich Jo Jo's Mixed Vegetables Tomato/Cuke Salad Watermelon Sherbet	
24 QUICHE Bacon & Swiss with Mushrooms Spinach Salad Pea Salad Pineapple & Cherries Muffin	25 Beef Tacos and Refried Beans Spanish Rice Coleslaw Spiced Pears Custard	26 Chicken Chop Suey Rice Egg Roll Tossed Veggie Salad Grapes Fortune Cookies	27 Sweet & Sour Meatballs Rice Mixed Vegetables Cucumber Salad Tropical Fruit Mix Roll Dessert	28 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	
31 Hamburger Steak Sauteed Onions Potatoes & Gravy Green Beans Tossed Green Salad WW Bread Fruit Crisp	<b>Seniors Age 60 &amp; over—suggested donation \$3.50</b> <b>Under age 60—\$8.00 FEE</b> Please call 509-470-0522 for more information about the Home Delivered Meal program.			It is very costly to the senior meal program when you do not cancel your reservations. If you know you can't make it—Please call and cancel! 509-548-6666	

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