



Chelan Senior Meals April 2017



Monday	Tuesday	Wednesday	Thursday	Friday-Manson
3 Sweet & Sour Meatballs Garden Rice Oriental Vegetables Cucumber-Tomato Salad Bananas & Oranges Whole Wheat Roll Dessert	4 Lemon Baked Fish Oven Browned Potatoes Glazed Carrots Coleslaw Peaches Cornbread Dessert	5 Oven Fried Chicken Sweet Potatoes Creamed Peas Green Salad Grapes Biscuit Dessert	6 Cheese Ravioli Italian Vegetables Spiced Pears Bread Sticks Dessert	7 Potato Bar Vegetable Beef Soup Cottage Cheese Vegetable Tray Spring Salad Fruit Salad Whole Wheat Roll Dessert
10 1/2 Ham & Cheese Sandwich Corn Chowder Tossed Salad Apple Crisp	11 Beef Stroganoff Green Beans Tossed Green Salad Strawberries & Bananas Whole Wheat Roll Dessert	12 Cheese Enchiladas Spanish Rice Refried Beans Tossed Green Salad Coleslaw Apricots Dessert	13 Tater Tot Casserole Carrot Raisin Salad Cottage Cheese Whole Wheat Roll Peach Cobbler	14 Pork Chops Au Gratin Potatoes Brussel Sprouts Green Salad Applesauce Biscuit Dessert
17 Broccoli Chicken Bake Herbed Noodles Garden Salad Waldorf Salad Whole Wheat Bread Dessert	18 Chef Salad Macaroni Salad Mandarin Oranges Whole Wheat Roll Dessert	19 Yankee Pot Roast Baby Red Potatoes Roasted Carrots Mixed Green Salad Blueberries Whole Wheat Bread Dessert	20 Turkey Noodle Soup Tossed Vegetable Salad Fresh Fruit Whole Wheat Roll Dessert	21 Quiche Bacon, Broccoli, Swiss Spinach Salad Pears Blueberry Muffin Dessert
24 Shrimp Fettuccini Asparagus Spinach Salad Mixed Berries Whole Wheat Roll Dessert	25 Beef Stew Garlic Noodles Caesar Salad Orange Roll Dessert	26 Egg Salad Sandwich Minestrone Soup Tropical Fruit Dessert	27 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	28 Chicken Pot Pie Garden Salad Mandarin Oranges French Bread Dessert

24 HOURS IN ADVANCE TO RESERVE OR CANCEL

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



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.