





Omak-Okanogan Senior Meals May 2017



Okanogan	Omak	Okanogan	Omak	
Monday	Tuesday	Wednesday	Thursday	
1 Biscuits & Gravy (3oz Sausage/serving) O'Brian Potatoes V-8 Juice Peaches Fruit Crisp	2 Pork Roast Mashed Potatoes Carrots Spinach Salad Applesauce Bread or Roll Frosted Cake	3 BBQ Chicken Macaroni Salad Cauliflower & Chives Spring Salad Strawberry Shortcake	4	5 Tuna & Rice Bake California Veggies Tossed Green Salad Grapes Garlic Bread Sugar Cookies
8 Hot Turkey Sandwich Mashed Potatoes Green Beans Green Salad Cranberry Sauce Pineapple Upside Down Cake	9 Ham AuGratin Potatoes Peas & Carrots Spinach Salad Spiced Apples WW Roll Custard	10 Cabbage Patch Stew Carrot Coins Pasta Salad Pears WW Bread Frosted Cake	11	12 Sloppy Joe Sandwich Coleslaw Peaches Jell-O w/Topping
15 Beef & Tomato Pasta Casserole Spinach Salad Chilled Peaches WW Roll Ice Cream	16 Chicken Cordon Bleu Parsley Potatoes Normandy Veggies Tossed Green Salad Fruit cocktail WW Roll Jell-O w/Topping	17 Ham & Cheese Quiche Asparagus Garden Salad Fresh Fruit Tray Blueberry Muffin Lemon Bar	18	19 Spinach Lasagna Caesar Salad Apricots Garlic Bread Pudding
22 Roast Beef Sandwich Carrot Raisin Salad Fruit Cocktail Ice Cream	23 Chicken Cacciatore Wild Rice Blend Italian Vegetables Pears WW Roll Sherbet	24 Spaghetti with Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Cookies	25	26 Ham & Au Gratin Potato Casserole Glazed Carrots Garden Salad Waldorf Salad WW Bread Frosted Cake
29 	30 Hamburger Steak Mashed Potatoes Green Beans Caesar Salad Fruit Cup Tapioca	31 Shepherd's Pie Cottage Cheese Garden Salad Pineapple WW Roll Ice Cream		

Seniors Age 60 & over—
 suggested donation \$3.50

 Under age 60—\$8.00 FEE