



Omak-Okanogan Senior Meals April 2017



Okanogan	Omak	Okanogan	Omak	
Monday	Tuesday	Wednesday	Thursday	Friday
3 Egg Salad Sandwich Minestrone Soup Oregon Berries Dessert	4 California Chicken Casserole Lettuce Tomato Salad Apple Celery Salad Cheesy Biscuit Dessert	5 Yankee Pot Roast Baby Red Potatoes Roasted Carrots Mixed Green Salad Fruit Cocktail Whole Wheat Bread Dessert	6 Chili with Cheese Garden Salad Vegetable Tray Peaches Cornbread Dessert	7 Chili with Cheese Garden Salad Vegetable Tray Peaches Cornbread Dessert
10 Oven Fried Chicken Sweet Potatoes Creamed Peas Cucumber/Tomato Salad Grapes Biscuit Dessert	11 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	12 Beef Stew Green Salad Peaches Whole Wheat Bread Dessert	13 Pork Roast Potatoes & Gravy Baked Squash Tossed Vegetable Salad Applesauce Whole Wheat Bread Dessert	14 Pork Roast Potatoes & Gravy Baked Squash Tossed Vegetable Salad Applesauce Whole Wheat Bread Dessert
17 Tater Tot Casserole Carrot Raisin Salad Cottage Cheese Whole Wheat Roll Peach Cobbler	18 Stuffed Green Peppers Whipped Potatoes 49er Salad Apricots Dessert	19 Sweet & Sour Meatballs Garden Rice Oriental Vegetables Coleslaw Bananas & Oranges Whole Wheat Roll Dessert	20 Split Pea & Ham Soup Trio Vegetables Garden Salad Cottage Cheese Peaches Rice Pudding	21 Split Pea & Ham Soup Trio Vegetables Garden Salad Cottage Cheese Peaches Rice Pudding
24 Pork Chops Au Gratin Potatoes Brussel Sprouts Green Salad Applesauce Biscuit Dessert	25 Ham Scalloped Potatoes Mixed Vegetables Spinach Salad Orange Quarters Whole Wheat Roll Dessert	26 Lemon Baked Fish Wild Rice Glazed Carrots Coleslaw Peaches Cornbread Dessert	27 Potato Bar Vegetable Beef Soup Cottage Cheese Vegetable Tray Spring Salad Fruit Salad Whole Wheat Roll Dessert	28 Potato Bar Vegetable Beef Soup Cottage Cheese Vegetable Tray Spring Salad Fruit Salad Whole Wheat Roll Dessert

Seniors Age 60 & over—
suggested donation \$3.50

Under age 60—\$8.00 FEE

