



Tonasket Senior Meals April 2017



Monday	Tuesday	Wednesday	Thursday	Friday
3 Pork Roast Potatoes & Gravy Baked Squash Tossed Vegetable Salad Applesauce Whole Wheat Bread Dessert	4	5 Beef Stew Coleslaw Peaches Whole Wheat Bread Dessert	6 Lemon Baked Fish Wild Rice Glazed Carrots Green Salad Tropical Fruit Cornbread Dessert	7
10 Beef Stroganoff Green Beans Tossed Green Salad Strawberries & Bananas Whole Wheat Roll Dessert	11	12 Hard Shell Tacos Spanish Rice Coleslaw Fruit Cup Dessert	13 Baked Ham Au Gratin Potatoes Green Bean Casserole Spinach Salad Whole Wheat Roll Cherry Crisp	14
17 California Chicken Casserole Lettuce Tomato Salad Apple Celery Salad Cheesy Biscuit Dessert	18	19 Chicken Fried Steak Potatoes & Gravy Asparagus Tossed Green Salad Whole Wheat Roll Apricot Crisp	20 Tater Tot Casserole Caesar Salad Cottage Cheese Pears Whole Wheat Roll Dessert	21
24 Spaghetti & Meat Sauce Caesar Salad Apricots French Bread Dessert	25	26 Oven Fried Chicken Scalloped Potatoes Sweet Potatoes Cucumber/Tomato Salad Grapes Whole Wheat Roll Dessert	27 Navy Bean & Ham Soup Macaroni Salad Carrot Raisin Salad Peaches Corn Bread Dessert	28

Seniors Age 60 & over—suggested donation \$3.50

Under age 60—\$8.00 FEE

Please call the Site Director for more information about the
Home Delivered Meal program at 486-2483