



# Tonasket Senior Meals May 2017



Monday	Tuesday	Wednesday	Thursday	Friday
1 Swiss Steak Shell Pasta CA Blend Vegetables Banana Garlic Toast Dessert	2	3 Hot Turkey Sandwich Potatoes & Gravy Peas Mixed Green Salad Chilled Peaches Dessert	4 Biscuits & Gravy O'Brian Potatoes Orange Quarters Tomato Juice Dessert	5
8 Swedish Meatballs Rice Glazed Carrots Spinach Salad Tropical Fruit Whole Wheat Roll Dessert	9	10 Turkey Salad Croissant Broccoli Salad Trio Vegetables Grapes Cottage Cheese Dessert	11 Orange Glazed Chicken Au Gratin Potatoes Green Beans Creamy Coleslaw Chilled Pineapple Muffin Dessert	12
15 Bratwurst & Sauerkraut Herbed Potato Bake Capri Vegetables Waldorf Salad Whole Wheat Bun Dessert	16	17 Lasagna Ca. Blend Vegetables Spinach Salad Garlic Bread Berry Crisp	18 Hamburger Steak Potatoes & Gravy Trio Vegetables Garden Salad Apricots Bread Pudding	19
22 Pork Chops Potatoes & Gravy Peas & Carrots Caesar Salad Applesauce Whole Wheat Roll Dessert	23	24 BBQ Chicken Potato Salad Cauliflower & Chives Spring Salad Strawberry Shortcake	25 Sloppy Joe's Coleslaw Peaches Dessert	26
29 <div style="text-align: center;">  <p><i>Memorial Day</i> In Memory</p> </div>	30	31 Baked Fish Garlic & Basil Pasta Asparagus Tossed Vegetable Salad Pears Whole Wheat Roll Dessert		<div style="text-align: center;">  </div>

**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