



# Twisp Senior Meals April 2017



Monday	Tuesday	Wednesday	Thursday	Friday
3  Sweet & Sour Meatballs Garden Rice Oriental Vegetables Kale Salad Whole Wheat Roll Fruited Jell-O	4	5	6  Shepherd's Pie Green Salad Cottage Cheese Peaches Whole Wheat Roll Dessert	7  Broccoli Chicken Bake Herbed Noodles Caesar Salad Pears Biscuit Dessert
10  Chili Cheese Stuffed Baked Potato Caesar Salad Peaches Garlic Bread Dessert	11	12	13  Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	14  Roast Turkey Potatoes & Gravy Green Beans Kale Salad Fruit Salad Strawberry Shortcake
17  Chicken Cordon Bleu Mashed Potatoes Carrots Tossed Green Salad Whole Wheat Roll Berry Crisp	18	19	20  Taco Bake Corn Coleslaw Mixed Fruit Corn Bread Dessert	21  Baked Fish Oven Browned Potatoes Crab & Pea Salad Coleslaw Pears Biscuit Dessert
24  Beef Stroganoff Mashed Potatoes Green Beans Tossed Green Salad Apricots Whole Wheat Roll Dessert	25	26	27  Sloppy Joe's Coleslaw Peach Cobbler	28  Shrimp Fettuccini Peas Spinach Salad Mixed Berries Whole Wheat Roll Berry Crisp

**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 997-7722

