



Senior Meals

Brewster-Bridgeport-Pateros

September 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 Salmon with Dill Sauce Rosemary Potatoes Sugar Snap Peas Broccoli Salad Tropical Fruit WW Roll Dessert	4 Veggie Lasagna Garden Salad Waldorf Salad Garlic Bread Dessert	5 Hot Dogs Baked Beans Carrots Summer Squash & Watermelon Salad Apple Slices Dessert	6 
9	10 Tuna Casserole Peas & Carrots Spinach Salad Garlic Bread Apple Crisp	11 BBQ Chicken Potato Salad 3 Bean Salad Pineapple Cornbread Cereal Bars 	12 Chicken Cordon Bleu Wild Rice Capri Vegetables Greek Salad Mixed Melons WW Bread or Roll Dessert	13
16	17 Teriyaki Beef over Rice Oriental Vegetables Asian Style Slaw Mandarin Oranges Garlic Bread Dessert	18 Bacon Mac & Cheese Green Beans Green Salad Tropical Fruit WW Roll Dessert	19 Turkey Pot Pie Cottage Cheese 49'er Chopped Salad WW Bread Fruited Jell-O	20
23 	24 Beef Stew Spinach Salad Mixed Fruit Biscuit Dessert	25 Chicken Parmesan Garlic Pasta Italian Vegetables Caesar Salad WW Bread or Roll Fruit Ambrosia	26 Salisbury Steak Potatoes & Gravy Buttered Peas Cuke & Tomato Salad Mandarin Oranges WW Roll Dessert	27
30 				28 

Seniors Age 60 & over—suggested donation \$4.00

Under age 60—\$8.50 FEE

Please call the Site Director for more information about the Home
Delivered Meal program at 689-2815



Chelan Senior Meals

September 2019



Monday	Tuesday	Wednesday	Thursday	Friday-Manson
2 LABOR DAY	3 Chicken Burger Deluxe Potato Salad Fruit Tray Dessert	4 Salisbury Steak Potatoes & Gravy Buttered Peas Cuke & Tomato Salad Mandarin oranges WW Dinner Roll Dessert	5 Chicken Cordon Bleu Wild Rice Trio Vegetables Greek Salad Mixed Melons WW Bread or Roll Dessert	6 Tuna Casserole Peas & Carrots Spinach Salad Garlic Bread Apple Crisp
9 Chicken Parmesan Garlic Pasta Italian Vegetables Caesar Salad WW Bread or roll Fruit Ambrosia	10 Hot Turkey Sandwich Potatoes & Gravy Yams Green Beans Peaches WW Bread Dessert	11 Taco Salad Southwest Salad Watermelon Tortilla Chips Dessert	12 Sweet & Sour Meatballs Garden Rice Mixed Vegetables Tossed Salad Pineapple Roll Dessert	13 Chicken Fried Steak Potatoes & Gravy Green Beans Garden Salad Pears WW Roll Dessert
16 Spaghetti Caesar Salad Fresh Fruit Tray Garlic Bread Dessert	17 Chef's Salad Mixed melons WW Roll Cereal Bars	18 Fish & Chips Broccoli Salad Coleslaw Garlic Bread Fruited Jell-O	19 Beef Stew Spinach Salad Mixed Fruit Biscuit Dessert	20 Ham Roasted Sweet Potatoes Green Salad Fresh Fruit Tray WW Bread or Roll Pumpkin Pie
23 Roast Beef Potatoes & Gravy Peas Caesar Salad WW Bread or Roll Apple Crisp	24 Clam Chowder Cottage Cheese Green Salad V-8 Juice Fruit Cup Biscuit Dessert	25 French Dip Veggie Pasta Salad Green Salad Peaches Dessert	26 BBQ Chicken Potato Salad Raw Veggie Tray Pineapple Cornbread Dessert	27 Teriyaki Beef Oriental Vegetables Asian Coleslaw Mandarin Oranges Garlic Bread Dessert
30 Bacon Mac & Cheese Green Beans Green Salad Tropical Fruit WW Roll Dessert	Seniors Age 60 & over—suggested donation \$4.00 Under age 60—\$8.50 FEE Please call 509-470-0522 for more information about the Home Delivered Meal pro-			



Davenport Senior Meals September 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2 LABOR DAY 	3 Sloppy Joe Green Beans Potato Salad Waldorf Salad Dessert	4	5 Crunchy Chicken Salad Sandwich Spinach Salad Veggie Pasta Salad Mixed Melons Dessert	6 Salmon with Dill Sauce Rosemary Potatoes Snap Peas Broccoli Salad Tropical Fruit Garlic Bread Dessert
9	10 BBQ Chicken Potato Salad Raw Vegetable Tray Pineapple Cornbread Dessert	11 	12 Wieners & Sauerkraut Mixed Vegetables Oregon Berries Dessert	13 Chef's Salad Pasta Salad Pickled Beets WW Roll Blueberry & Pudding Parfait
16	17 Chicken Cordon Bleu Wild Rice Trio Vegetables Greek Salad Sliced Pears WW Roll Dessert	18	19 French Dip Pickled Beets Green Salad Watermelon Dessert 	20 Tuna Casserole Peas & Carrots Tossed Salad Peaches WW Roll Dessert
23	24 Hot Turkey Sandwich Potatoes & Gravy Green Beans Peaches WW Bread Pumpkin Pie	25 	26 Fall Vegetable Medley Soup 1/2 Ham Sandwich Sliced Tomatoes Spinach Salad Assorted melons Dessert	27 Spaghetti & Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert
30 	Seniors Age 60 & over—suggested donation \$4.00 Under age 60—\$8.50 FEE Please call the Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979 			



Entiat Senior Meals September 2019



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Monday	Tuesday	Wednesday	Thursday	Friday
2 	3	4 	5 Chicken Cordon Bleu Wild Rice Trio Vegetables Greek Salad Mixed Melons WW Bread or Roll Dessert	6
9 Chicken Parmesan Garlic Pasta Italian Vegetables Caesar Salad WW Bread or roll Fruit Ambrosia	10	11 	12 Sweet & Sour Meatballs Garden Rice Mixed Vegetables Tossed Salad Pineapple Roll Dessert	13 
16 Spaghetti Caesar Salad Fresh Fruit Tray Garlic Bread Dessert	17 	18	19 Beef Stew Spinach Salad Mixed Fruit Biscuit Dessert	20
23 Roast Beef Potatoes & Gravy Peas Caesar Salad WW Bread or Roll Apple Crisp	24	25	26 BBQ Chicken Potato Salad Raw Veggies Tray Pineapple Cornbread Dessert	27 
30 Bacon Mac & Cheese Green Beans Green Salad Tropical Fruit WW Roll Dessert	volunteer <i>do good, feel good</i>			

24 HOURS IN ADVANCE TO RESERVE OR CANCEL

**Seniors Age 60 & over—suggested donation
\$4.00**

Under age 60—\$8.50 FEE

Please call 509-470-0522 for more information about the
Home Delivered Meal program.

It is very costly to the senior meal program
when you do not cancel your reservations.
If you know you can't make it—Please call
and cancel!
For Chelan 888-4440 between 8am & 2 pm
For Entiat 509-421-1593



Harrington Senior Meals September 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 Sloppy Joe Green Beans Potato Salad Waldorf Salad Dessert	4	5 Crunchy Chicken Salad Sandwich Spinach Salad Veggie Pasta Salad Mixed Melons Dessert	6 Salmon with Dill Sauce Rosemary Potatoes Snap Peas Broccoli Salad Tropical Fruit Garlic Bread Dessert
9	10 BBQ Chicken Potato Salad Raw Vegetable Tray Pineapple Cornbread Dessert	11 	12 Wieners & Sauerkraut Mixed Vegetables Oregon Berries Dessert	13 Chef's Salad Pasta Salad Pickled Beets WW Roll Blueberry & Pudding Parfait
16	17 Chicken Cordon Bleu Wild Rice Trio Vegetables Greek Salad Sliced Pears WW Roll Dessert	18	19 French Dip Pickled Beets Green Salad Watermelon Dessert	20 Tuna Casserole Peas & Carrots Tossed Salad Peaches WW Roll Dessert
23	24 Hot Turkey Sandwich Potatoes & Gravy Green Beans Peaches WW Bread Pumpkin Pie	25 	26 Fall Vegetable Medley Soup 1/2 Ham Sandwich Sliced Tomatoes Spinach Salad Assorted melons Dessert	27 Spaghetti & Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert
30				



Seniors Age 60 & over—suggested donation \$4.00

Under age 60—\$8.50 FEE

Please call the Nutrition Director for more information about
the Home Delivered Meal program toll-free 844-826-7979





Leavenworth Senior Meals September 2019



Monday	Tuesday	Wednesday	Thursday	Friday
3 CLOSED FOR HOLIDAY LABOR DAY 	4	5 Chicken Cordon Bleu Parsley Potatoes Buttered Corn Greek Salad Oregon Berries Dessert	6	7 SALAD BAR Chef Salad Pickled Beets Apple Slices WW Roll Dessert
10 Roast Beef Potatoes & Gravy Peas Garden Salad WW Bread or Roll Peaches & Ice Cream	11	12 Chicken Parmesan Garlic Pasta Mixed Veggies Caesar Salad WW Bread or Roll Blueberry/Apple Crisp	13 	14 Bacon Mac n Cheese Green Beans Green Salad Tropical Fruit WW Roll Dessert
17 Chili with Cheese Green Salad Vegetable Tray Pears Cornbread Dessert	18	19 Spaghetti Caesar Salad Fresh Fruit Tray Garlic Bread Ice Cream 	20	21 Hot Turkey Sandwich Potatoes & Gravy Yams Green Salad Peaches WW Bread Dessert
24 French Dip Veggie Pasta Salad Green Salad Mixed Melons Dessert	25 	26 Ham & Cheese Sandwich Potato Soup Crunchy Pea Salad Mixed Berries Dessert	27	28 Sweet & Sour Pork Rice Oriental Vegetables Asian Style Slaw Tropical Fruit WW Bread or Roll Dessert
		Seniors Age 60 & over—suggested donation \$4.00 Under age 60—\$8.50 FEE Please call 509-470-0522 for more information about the Home Delivered Meal program.		



Manson Senior Meals September 2019



Monday	Tuesday	Wednesday	Thursday	Friday-Manson
2 	3 Chicken Burger Deluxe Potato Salad Fruit Tray Dessert	4 Salisbury Steak Potatoes & Gravy Buttered Peas Cuke & Tomato Salad Mandarin oranges WW Dinner Roll Dessert	5 Chicken Cordon Bleu Wild Rice Trio Vegetables Greek Salad Mixed Melons WW Bread or Roll Dessert	6 Tuna Casserole Peas & Carrots Spinach Salad Garlic Bread Apple Crisp
9 Chicken Parmesan Garlic Pasta Italian Vegetables Caesar Salad WW Bread or roll Fruit Ambrosia	10 Hot Turkey Sandwich Potatoes & Gravy Yams Green Beans Peaches WW Bread Dessert 	11 Taco Salad Southwest Salad Watermelon Tortilla Chips Dessert	12 Sweet & Sour Meatballs Garden Rice Mixed Vegetables Tossed Salad Pineapple Roll Dessert	13 Chicken Fried Steak Potatoes & Gravy Green Beans Garden Salad Pears WW Roll Dessert 
16 Spaghetti Caesar Salad Fresh Fruit Tray Garlic Bread Dessert	17 Chef's Salad Mixed melons WW Roll Cereal Bars	18 Fish & Chips Broccoli Salad Coleslaw Garlic Bread Fruited Jell-O	19 Beef Stew Spinach Salad Mixed Fruit Biscuit Dessert	20 Ham Roasted Sweet Potatoes Green Salad Fresh Fruit Tray WW Bread or Roll Pumpkin Pie
23 Roast Beef Potatoes & Gravy Peas Caesar Salad WW Bread or Roll Apple Crisp	24 Clam Chowder Cottage Cheese Green Salad V-8 Juice Fruit Cup Biscuit Dessert	25 French Dip Veggie Pasta Salad Green Salad Peaches Dessert 	26 BBQ Chicken Potato Salad Raw Veggie Tray Pineapple Cornbread Dessert	27 Teriyaki Beef Oriental Vegetables Asian Coleslaw Mandarin Oranges Garlic Bread Dessert
30 Bacon Mac & Cheese Green Beans Green Salad Tropical Fruit WW Roll Dessert				Seniors Age 60 & over—suggested donation \$4.00 Under age 60—\$8.50 FEE Please call 509-470-0522 for more information about the Home Delivered Meal program.

24 HOURS IN ADVANCE TO RESERVE OR CANCEL

It is very costly to the senior meal program when you do not cancel your reservations.
 If you know you can't make it—Please call and cancel!
 For Chelan 888-4440 between 8am & 2 pm For Manson 687-3377



Odessa Senior Meals September 2019



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Monday	Tuesday	Wednesday	Thursday	Friday
2 	3	4 Chicken Strips Jo Jo's Trio Vegetables Spinach Salad Mandarin Oranges Dessert	5 Sweet & Sour Pork Rice Oriental Vegetables Asian Style Slaw Tropical Fruit Blend WW Bread or Roll Dessert	6
9 Taco Salad Spanish Rice Carrot Coins Salad Watermelon Tortilla Chips Dessert	10 	11 Pork Roast Stuffing & Gravy Capri Vegetables Tossed Green Salad Applesauce WW Bread Dessert	12 Salmon with Dill Sauce Rosemary Potatoes Snap Peas Broccoli Salad Tropical Fruit Garlic Bread Dessert	13
16 Meat & Spinach Wrap Potato Salad Waldorf Salad Dessert	17	18 Turkey Pot Pie Cottage Cheese Garden Salad Muffin Pear Crisp	19 Pulled Pork Sandwich Broccoli Salad Green Salad Peaches Dessert	20 
23 Chicken Burger Deluxe Potato Salad Fruit Tray Ice Cream	24 	25 Chicken Enchiladas Spanish Rice Baja Vegetables Green Salad Peaches Dessert	26 French Dip Veggie Pasta Salad Spinach Salad Waldorf Salad Dessert	27
30 Chicken Cordon Bleu Wild Rice Trio Vegetables Greek Salad Mixed Melons WW Roll Dessert				Seniors Age 60 & over—suggested donation \$4.00 Under age 60—\$8.50 FEE Please call the Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979



Omak-Okanogan Senior Meals September 2019

Okanogan		Omak	
Monday	Tuesday	Wednesday	Thursday
2 LABOR DAY 	3 Sloppy Joe's Green Beans Summer Squash & Watermelon Salad Waldorf Salad Dessert	4 BBQ Chicken Baked Beans Macaroni Salad Spinach Salad Sliced Pears Cornbread Dessert	5 Biscuits & Gravy Scrambled Eggs Oven Brown Potatoes Fresh Fruit Juice
9 Chicken Cordon Bleu Wild Rice Buttered Peas Greek Salad Mixed Melons WW Bread or Roll Dessert	10 French Dip Veggie Pasta Salad Green Salad Peaches Dessert 	11 Brats & Sauerkraut Mixed Vegetables Oregon Berries Dessert	12 Bacon & Eggs Hash Brown Potatoes Fresh Fruit Scones Juice
16 Chicken Fried Steak Potatoes & Gravy Green Beans Garden Salad Peaches WW Roll Dessert	17 Pulled Pork Sandwich Sweet Potato Fries Coleslaw Fruit Tray Dessert	18 Spaghetti Caesar Salad Fresh Fruit Tray Garlic Bread Dessert 	19 Scrambled Eggs Sausage Hash Browns Fresh Fruit French Toast Juice
23 Teriyaki Beef over Rice Oriental Vegetables Asian Coleslaw Mandarin Oranges Garlic Bread Dessert	24 Turkey Pot Pie Cottage Cheese Garden Salad WW Roll Pear Crisp 	25 Baked Chicken Pasta Zucchini Tomato Bake Tossed Salad Pineapple WW Bread Dessert	26 Breakfast Scramble (Ham, egg, cheese and potato) Sliced Tomatoes Fresh Fruit Muffin
30 Chili with Cheese Green Salad Vegetable Tray Pears Cornbread Dessert 	Seniors Age 60 & over suggested donation \$4.00 Under age 60—\$8.50 FEE For Home Delivered Meals please call 509-826-7979		

Seniors Age 60 & over suggested
donation \$4.00
Under age 60—\$8.50 FEE
For Home Delivered Meals please call
509-826-7979





Oroville Senior Meals September 2019



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Monday	Tuesday	Wednesday	Thursday	Friday
2 LABOR DAY 	3 Crunchy Chicken Salad Sandwich Veggie Pasta Salad Mixed Melons Dessert	4	5 Bacon Mac & Cheese Green Beans Tossed Salad Tropical Fruit WW Roll Dessert	6 Baked Fish 1/2 Baked Potato Capri Vegetables Coleslaw Tropical Fruit WW Bread or Roll Dessert
9	10 Taco Salad Spanish Rice Mexican Style Slaw Watermelon Tortilla Chips Dessert	11 	12 Sloppy Joe's Green Beans Fiesta Salad Waldorf Salad Dessert	13 Tuna Noodle Casserole Carrots Mixed Greens Salad Garlic Bread Apple Crisp 
16 	17 Chicken Fried Steak Potatoes & Gravy Green Beans Garden Salad Peaches WW Roll Dessert	18	19 BBQ Chicken Potato Salad Roasted Veggies Pineapple Cornbread Dessert 	20 Fish & Chips Crunchy Pea Salad Coleslaw Fruited Jell-O
23	24 White Bean Chicken Chili Green Salad Fresh Salsa Pears Tortilla Chips Cornbread Dessert	25	26 Chicken Parmesan Garlic Pasta Italian Vegetables Caesar Salad WW Bread or Roll Fruit Ambrosia	27 Salmon with Dill Sauce Wild Rice Peas Coleslaw Tropical Fruit Garlic Bread Dessert
30 			Seniors Age 60 & over—suggested donation \$4.00 Under age 60—\$8.50 FEE Please call the Site Director for more information about the Home Delivered Meal program at 476-2412	



Tonasket Senior Meals September 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2 	3	4 Chicken Burger Deluxe Potato Salad Fruit Tray Dessert	5 Bacon Mac & Cheese Peas Green Salad Strawberries & Bananas Bread Sticks Dessert	6 
9 Turkey Pot Pie Cottage Cheese Garden Salad Cornbread Pear Crisp	10	11 Salmon with Dill Sauce Rosemary Potatoes Mixed Vegetables Tossed Salad Tropical Fruit Garlic Bread Dessert 	12 Sloppy Joe's Crunchy Pea Salad Three Bean Salad Waldorf Salad Dessert	13
16 Chicken Cordon Bleu Herbed Pasta Zucchini Greek Salad Mixed Melons Bread Sticks Dessert	17	18 French Dip Veggie Pasta Salad Garden Salad Peaches Dessert	19 Ham Sweet Potatoes Mixed Vegetables Green Salad Fresh Fruit Tray WW Bread Dessert	20
23 Fall Vegetable Soup 1/2 Ham Sandwich Pasta Veggie Salad Fruit Salad Dessert	24	25 Chef's Salad Macaroni Salad Pickled Beets Cheesy Biscuits Blueberry Pudding Parfait	26 Roast Beef Potatoes & Gravy Glazed Carrots Caesar Salad WW Bread or Roll Apple Crisp	27 
30 Chili Green Salad Carrot Raisin Salad Pears Cornbread Dessert				



**Seniors Age 60 & over—suggested
donation \$4.00**

Under age 60—\$8.50 FEE

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



Twisp Senior Meals September 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 	4 	5 Chicken Fried Steak Potatoes & Gravy Green Beans Garden Salad Peaches WW Roll Dessert	6 Salmon with Dill Sauce Rosemary Potatoes Snap Peas Broccoli Salad Tropical Fruit Garlic Bread Dessert
9 Chicken Cordon Bleu Wild Rice Glazed Carrots Greek Salad Mixed Melons WW Bread or Roll Dessert	10 	11 	12 Veggie Lasagna Garden Salad Waldorf Salad Garlic Bread Dessert	13 Baked Fish Garlic & Red Pepper Penne Pasta Roasted Zucchini Cabbage Apple Slaw Tropical Fruit WW Bread or Roll Dessert
16 Spaghetti & Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert	17 	18 	19 Beef Stew Spinach Salad Mixed Fruit Biscuit Rice Krispy Bar	20 Hot Turkey Sandwich Potatoes & Gravy Peas Tossed Salad Peaches WW Roll Dessert
23 Bacon Mac & Cheese Green Beans Green Salad Tropical Fruit WW Roll Dessert	24 	25 	26 Ham & Cheese Sandwich Potato Salad Pea Salad Waldorf Salad Carrot Cake	27 Roast Beef Potatoes & Gravy Normandy Veggies Caesar Salad WW Bread or Roll Apple Crisp
30 Sloppy Joe Green Beans Squash & Melon Salad Fruit Salad Dessert				Seniors Age 60 & over—suggested donation \$4.00 Under age 60—\$8.50 FEE Please call the Site Director for more information about the Home Delivered Meal program at 997-7722



Wilbur Senior Meals

September 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 Crunchy Chicken Salad Sandwich Broccoli Salad Pasta Salad Mixed Melons Dessert	4 Sweet & Sour Meatballs Garden Rice Mixed Vegetables Spinach Salad Pineapple WW Roll Dessert	5 Clam Chowder Cottage Cheese Green Salad V-8 Juice Mixed Fruit Cheesy Biscuit Dessert	6
9	10 Teriyaki Beef over Rice Oriental Vegetables Asian Coleslaw Mandarin Oranges Garlic Bread Dessert	11 Tuna Noodle Casserole Peas & Carrots Spinach Salad Garlic Bread Apple Crisp	12 Ham & Cheese Sandwich Potato Salad Pea Salad Waldorf Salad Carrot Cake	13 
16 	17 Chef's Salad Pickled Beets Macaroni Salad WW Roll Blueberry & Pudding Parfait	18 Chicken Cordon Bleu Parsley Potatoes Buttered Corn Greek Salad Mixed Melons Dessert	19 Salmon with Dill Sauce Garden Rice Snap Peas Broccoli Salad Tropical Fruit Garlic Bread Dessert	20
23	24 Chicken Parmesan Rice Pilaf Italian Blend Vegetables Caesar Salad WW Bread or Roll Fruit Ambrosia	25 Bacon Mac & Cheese Green Beans Tossed Salad Tropical Fruit WW Roll Dessert	26 Roast Beef Potatoes & Gravy Peas Mixed Greens Salad WW Bread or Roll Pear Crisp	27
30 				

Seniors Age 60 & over—suggested donation \$4.00
Under age 60—\$8.50 FEE

Please call the Nutrition Director for more information about the Home Delivered Meal program
 toll-free 844-826-7979

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