



Senior Meals

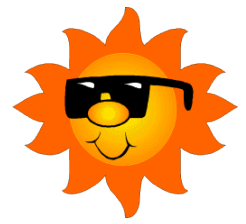
Brewster-Bridgeport-Pateros






August 2019

Monday	Tuesday	Wednesday	Thursday	Friday
			1 BBQ Chicken Garlic Pasta Zucchini with Chives Spinach Salad WW Roll Apricot Cobbler	2
5	6 Meatballs Potatoes & Gravy Mixed Vegetables Lettuce & Tomato Salad Peaches WW Bread or Roll Dessert	7 Chicken Strips Jo Jo's Trio Vegetables Spinach Salad Mandarin Oranges Garlic Bread Dessert	8 Chef's Salad Three Bean Salad Mixed Melons Biscuit Dessert	9
12 	13 Meatloaf Potatoes & Gravy Broccoli Caesar Salad Pears WW Roll Dessert	14 Baked Chicken Pasta Salad Green Beans Stewed Tomatoes Pineapple WW Bread or Roll Dessert	15 Beef Stroganoff Peas Garden Salad WW Roll Fruited Jell-O	16
19	20 Salisbury Steak Potatoes & Gravy Broccoli Tossed Veggie Salad Fruit Cocktail WW Bread Dessert	21 Fish & Chips Peas Coleslaw Sliced Peaches Dessert	22 Pork Roast Stuffing & Gravy Capri Vegetables Spinach Salad Applesauce WW Bread or Roll Dessert	23
26 	27 Pulled Pork Sandwich Broccoli Salad Green Salad Apple Slices Dessert	28 Chicken Cacciatore Wild Rice Carrot Raisin Salad Focaccia Bread Mixed Berries Angel Food Cake 	29 Spaghetti Caesar Salad Peaches Garlic Bread Dessert	30
<div style="border: 2px solid black; padding: 10px; margin: 0 auto; width: 80%;"> <p style="margin: 0;">Seniors Age 60 & over—suggested donation \$4.00</p> <p style="margin: 0;">Under age 60—\$8.50 FEE</p> <p style="margin: 0;">Please call the Site Director for more information about the Home Delivered Meal program at 689-2815</p> </div>				



Omak-Okanogan Senior Meals August 2019



Okanogan	Omak	Okanogan	Okanogan—9am	Omak
Monday	Tuesday	Wednesday	Thursday	Friday
Seniors Age 60 & over suggested donation \$4.00 Under age 60—\$8.50 FEE For Home Delivered Meals please call 509-826-7979			1 Biscuits & Gravy Oven Brown Potatoes Scrambled Eggs Juice Fresh Fruit	2 Fish & Chips Peas Coleslaw Fruited Jell-O
5 Chicken Strips Jo Jo's Trio Veggies Cuke & Melon Salad Mandarin Oranges Garlic Bread Dessert	6 Stuffed Peppers Garden Salad Peaches WW Bread or Roll Dessert	7 BBQ Ribs Baked Beans Crunchy Pea Salad Coleslaw Cornbread Strawberry Shortcake	8 Scrambled Eggs Sausage Pancakes Sliced Peaches Fresh Fruit V-8 Juice	9 BBQ Chicken Garlic Pasta 3 Bean Salad Spinach Salad Watermelon Roll Dessert 
12 Beef Stroganoff Green Beans Garden Salad WW Roll Fruited Jell-O	13 Sweet & Sour Pork Rice Stir Fry Vegetables Cucumber Salad Tropical Fruit Salad WW Bread or Roll Dessert	14 Chicken Ala King Normandy Veggies Tossed Green Salad Spicy Apples Biscuits Dessert	15 Scrambled Eggs with Ham & Cheese Oven Brown Potatoes Juice Fresh Fruit Cinnamon Roll 	16 Pork Chops Stuffing & Gravy Capri Vegetables Spinach Salad Applesauce WW Roll Dessert
19 Salisbury Steak Potatoes & Gravy Broccoli Tossed Veggie Salad Fruit Cocktail WW Bread Dessert	20 Chicken Spaghetti Casserole Tossed Salad Apricots WW Roll Dessert 	21 Tuna Salad Sandwich Spiced Salad Three Bean Salad Mixed Berries Ice Cream	22 Scrambled Eggs Bacon Fried Potatoes Fresh Fruit Juice Blueberry Muffin	23 Sweet & Sour Pork Rice Stir Fry Vegetables Cucumber Salad Tropical Fruit Salad WW Roll Dessert
26 California Chicken Casserole Greek Salad Peaches WW Roll Dessert 	27 Ham Roasted Sweet Potatoes Spinach Garden Salad Pineapple Bread Pudding	28 Hamburger Steak Grilled Onions Potatoes & Gravy Lettuce & Tom Salad Peaches WW Bread or Roll Dessert	29 Scrambled Eggs Ham Slice Hash Browns French Toast Fresh Fruit Juice	30 Fish Filet Sandwich Three Bean Salad Coleslaw Mixed Melons Dessert

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Oroville Senior Meals

August 2019







Monday	Tuesday	Wednesday	Thursday	Friday
<p>Seniors Age 60 & over—suggested donation \$4.00 Under age 60—\$8.50 FEE</p> <p>Please call the Site Director for more information about the Home Delivered Meal program at 476-2412</p>			<p>1 Tuna Salad Sandwich Spiced Salad Three Bean Salad Mixed Berries Ice Cream</p>	<p>2 Meatloaf Twice Bake Potatoes Broccoli Green Salad Pears WW Roll Dessert</p>
<p>5</p>	<p>6 Chicken Caesar Wrap Pasta Veggie Salad Melon Slices Dessert</p>	<p>7</p>	<p>8 Pulled Pork Sandwich Broccoli Salad Green Salad Peaches Dessert</p>	<p>9 Ham Roasted Sweet Potatoes Brussels Sprouts Garden Salad Pineapple Slices Bread Pudding</p>
<p>12</p>	<p>13 Pork Roast Potatoes & Gravy Capri Vegetables Spinach Salad Applesauce WW Roll Dessert</p>	<p>14</p>	<p>15 Salisbury Steak 1/2 Baked Potato Broccoli Tossed Veggie Salad Fruit Cocktail WW Bread Dessert</p>	<p>16 Chicken Taco Salad Refried Beans Spanish Rice Applesauce Corn Chips Lemon Bars</p>
<p>19</p>	<p>20 BBQ Riblets Potato Salad Coleslaw Cornbread Strawberry Shortcake</p>	<p>21</p>	<p>22 Beef Stroganoff Green Beans Garden Salad WW Roll Fruited Jell-O</p>	<p>23 Fish Filet 1/2 Baked Potato Peas Coleslaw Mixed Melons WW Bread or Roll Dessert</p>
<p>26</p>	<p>27 Hot Dogs Baked Beans Carrots Cuke & Watermelon Salad Apple Slices Dessert</p>	<p>28</p>	<p>29 BBQ Chicken Garlic Pasta Cauliflower w/chives Mixed Greens Salad WW Roll Apricot Cobbler</p>	<p>30 Bacon & Egg Salad Sandwich Vegetable Tray Pea Salad Mixed Fruit Dessert</p>

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Twisp Senior Meals August 2019







Monday	Tuesday	Wednesday	Thursday	Friday
<p>Seniors Age 60 & over—suggested donation \$4.00</p> <p>Under age 60—\$8.50 FEE</p> <p>Please call the Site Director for more information about the Home Delivered Meal program at 997-7722</p>			<p>1</p> <p>BBQ Chicken Garden Rice Green Beans Spinach Salad Roll Apricot Crisp</p> 	<p>2</p> <p>Fish & Chips Peas Coleslaw Garlic Bread Fruited Jell-O</p>
<p>5</p> <p>Beef Taco Pie Coleslaw Southwest Salad Watermelon Dessert</p> 	<p>6</p>	<p>7</p>	<p>8</p> <p>BBQ Riblets Baked Beans Carrot Raisin Salad Tossed Green Salad Cornbread Strawberry Shortcake</p> 	<p>9</p> <p>Tuna Salad Sandwich Spiced Salad Crunchy Pea Salad Sliced Peaches Dessert</p>
<p>12</p> <p>Meatloaf Potatoes & Gravy Broccoli Caesar Salad Pears WW Roll Dessert</p>	<p>13</p>	<p>14</p> 	<p>15</p> <p>Tostada Spanish Rice Mixed Vegetables Green Salad & Tomato Peaches Dessert</p>	<p>16</p> <p>Chicken Cacciatore Shell Pasta Spinach Salad Mixed melons Garlic Bread Dessert</p>
<p>19</p> <p>Tacos Spanish Rice Refried Beans Mexican Style Slaw Mixed Fruit Dessert</p>	<p>20</p>	<p>21</p>	<p>22</p> <p>Pulled Pork Sandwich Broccoli Salad Green Salad Peaches Dessert</p>	<p>23</p> <p>White Bean Chicken Chili Pasta Veggie Salad Melon Slices WW Roll Dessert</p> 
<p>26</p> <p>Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert</p>	<p>27</p>  <p style="writing-mode: vertical-rl; transform: rotate(180deg);">shutterstock · 72067507</p>	<p>28</p>	<p>29</p> <p>Pork Roast Stuffing & Gravy Capri Vegetables Spinach Salad Applesauce WW Bread or Roll Dessert</p>	<p>30</p> <p>Beef Stroganoff Green Beans Garden Salad WW Roll Fruited Jell-O</p>



Tonasket Senior Meals August 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Seniors Age 60 & over—suggested donation \$4.00</p> <p>Under age 60—\$8.50 FEE</p> <p>Please call the Site Director for more information about the Home Delivered Meal program at 486-2483</p>			<p>1 Tuna Salad Sandwich Green Salad Peaches Dessert</p>	<p>2</p> 
<p>5 Taco Salad Spanish Rice Bean Salad Fruit Salad Corn Chips Dessert</p>	<p>6</p> 	<p>7 BBQ Riblets Baked Beans Crunchy Pea Salad Coleslaw Cornbread Strawberry Shortcake</p>	<p>8 Scrambled Eggs & Cheese Oven Brown Potatoes Sliced Tomatoes Carrot Salad Cinnamon Roll Fruited Jell-O</p>	<p>9</p>
<p>12 Chicken Strips Jo Jo's Trio Vegetables Greek Salad Mandarin oranges Dessert</p>	<p>13</p>	<p>14 Chicken Caesar Wrap Potato Salad Zucchini Melon Slices Cereal Bars</p>	<p>15 Sweet & Sour Pork Rice Stir Fry Vegetables Cucumber Salad Grapes Egg Roll Dessert</p>	<p>16</p> 
<p>19 White Bean Chicken Chili Pasta Veggie Salad Melon Slices WW Roll Dessert</p>	<p>20</p> 	<p>21 Meatloaf Potatoes & Gravy Broccoli Caesar Salad Pears WW Roll Dessert</p>	<p>22 Beef Stroganoff Mixed Vegetables Garden Salad WW Roll Fruited Jell-O</p>	<p>23</p>
<p>26 Tacos & Refried Beans Spanish Rice Mexican Style Slaw Mixed Fruit Dessert</p>	<p>27</p>	<p>28 Pulled Pork Sandwich Broccoli Salad Coleslaw Peaches Dessert</p>	<p>29 Baked Chicken Pasta Salad Glazed Carrots Three Bean Salad Fruit Salad WW Bread or Roll Dessert</p>	<p>30</p>

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