



# Chelan Senior Meals

## March 2020








Monday	Tuesday	Wednesday	Thursday	Friday-Manson
2 Bacon Swiss Quiche Broccoli Crunchy Pea Salad Grapes Blueberry Muffin	3 Beef Stroganoff Green Beans Tossed Salad Peaches WW Roll Dessert 	4 Country Style Ribs Mac & Cheese Glazed Carrots Cabbage Apple Slaw Pineapple & Cherries WW Roll Dessert	5 Tuna Noodle Casserole Peas & Carrots Spiced Salad Mandarin Oranges Garlic Bread Dessert	6 Country Fried Steak Potatoes & Gravy Corn Carrot Raisin Salad WW Roll Apple Crisp
9 Sweet & Sour Chicken Rice Spinach Salad Pineapple Tidbits Garlic Bread Dessert	10 Tater Tot Casserole Cuke & Tomato Salad Apricots WW Roll Dessert	11 French Dip Pickled Beets Pea Salad Tropical Fruit Dessert 	12 Fish Sandwich Sweet Potato Fries Cabbage Apple Slaw Fruit Tray Dessert	13 Beef Enchiladas Spanish Rice Baja Veggie Blend Mexican Slaw Mixed Fruit Dessert
16 Lasagna Green Beans Tossed Salad Pears Bread Sticks Dessert	17 Rubeen Sandwich Jo Jo's Potato Salad Orange Quarters Dessert 	18 Salmon with Dill Sauce Wild Rice Mediterranean Veggies Spinach Salad Waldorf Salad WW Roll Dessert	19 Stuffed Pepper Casserole Garden Salad Mixed Fruit WW Roll Dessert	20 Chicken Fettuccine Crunchy Pea Salad Spring Salad Tropical Fruit Garlic Bread Dessert
23 Hamburger Steak with Grilled Onions Potatoes & Gravy Green Bean Casserole Spiced Salad Pears WW Roll Rice Krispie Bars	24 Chicken Salad Sandwich Vegetable Soup Three Bean Salad Mixed Fruit Dessert	25 Chili with Cheese Garden Salad Broccoli Salad Peaches Cornbread Dessert	26 Chicken Cordon Bleu Rice Pilaf Capri Blend Vegetables Greek Salad Fruit Salad WW Roll Dessert	27 Scalloped Potatoes & Ham Casserole Green Beans Carrot Raisin Salad Spicy Apples Bread Pudding 
30 Biscuits & Gravy Stewed Tomatoes Juice Fresh Fruit Blueberry Muffin	31 Beef Tacos Spanish Rice Spiced Salad Mandarin Oranges Dessert		<p style="text-align: center;"><b>Seniors Age 60 &amp; over— suggested donation \$4.00</b></p> <p style="text-align: center;"><b>Under age 60—\$8.50 FEE</b></p> <p style="text-align: center;">Please call 509-888-4440 for more information about the Home De- livered Meal program.</p>	



# Entiat Senior Meals March 2020



Monday	Tuesday	Wednesday	Thursday	Friday
2 Bacon Swiss Quiche Broccoli Crunchy Pea Salad Grapes Blueberry Muffin	3 		5 Tuna Noodle Casserole Peas & Carrots Spiced Salad Mandarin Oranges Garlic Bread Dessert	6
9 Sweet & Sour Chicken Rice Spinach Salad Pineapple Tidbits Garlic Bread Dessert	10		12 Fish Sandwich Sweet Potato Fries Cabbage Apple Slaw Fruit Tray Dessert	13
16 Lasagna Green Beans Tossed Salad Pears Bread Sticks Dessert	17 	18	19 Stuffed Pepper Casserole Garden Salad Mixed Fruit WW Roll Dessert	20 
23 Hamburger Steak with Grilled Onions Potatoes & Gravy Green Bean Casserole Spiced Salad Pears WW Roll	24	25	26 Chicken Cordon Bleu Rice Pilaf Capri Blend Vegetables Greek Salad Fruit Salad WW Roll Dessert	27
30 Biscuits & Gravy Stewed Tomatoes Juice Fresh Fruit Blueberry Muffin	31 			

**24 HOURS IN ADVANCE TO RESERVE OR CANCEL**

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

**Under age 60—\$8.50 FEE**

Please call 509-888-4440 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



# Manson Senior Meals March 2020







## Monday                      Tuesday                      Wednesday                      Thursday                      Friday-MANSON

<p>2 Bacon Swiss Quiche Broccoli Crunchy Pea Salad Grapes Blueberry Muffin</p>	<p>3 Beef Stroganoff Green Beans Tossed Salad Peaches WW Roll Dessert</p>	<p>4 Country Style Ribs Mac &amp; Cheese Glazed Carrots Cabbage Apple Slaw Pineapple &amp; Cherries WW Roll Dessert</p>	<p>5 Tuna Noodle Casserole Peas &amp; Carrots Spiced Salad Mandarin Oranges Garlic Bread Dessert</p> 	<p>6 Country Fried Steak Potatoes &amp; Gravy Corn Carrot Raisin Salad WW Roll Apple Crisp</p>
<p>9 Sweet &amp; Sour Chicken Rice Spinach Salad Pineapple Tidbits Garlic Bread Dessert</p>	<p>10 Tater Tot Casserole Cuke &amp; Tomato Salad Apricots WW Roll Dessert</p>	<p>11 French Dip Pickled Beets Pea Salad Tropical Fruit Dessert</p>	<p>12 Fish Sandwich Sweet Potato Fries Cabbage Apple Slaw Fruit Tray Dessert</p>	<p>13 Beef Enchiladas Spanish Rice Baja Veggie Blend Mexican Slaw Mixed Fruit Dessert</p>
<p>16 Lasagna Green Beans Tossed Salad Pears Bread Sticks Dessert</p> 	<p>17 Rueben Sandwich Jo Jo's Potato Salad Orange Quarters Dessert</p>	<p>18 Salmon with Dill Sauce Wild Rice Mediterranean Vegetables Spinach Salad Waldorf Salad WW Roll</p>	<p>19 Stuffed Pepper Casserole Garden Salad Mixed Fruit WW Roll Dessert</p>	<p>20 Chicken Fettuccine Crunchy Pea Salad Spring Salad Tropical Fruit Garlic Bread Dessert</p> 
<p>23 Hamburger Steak with Grilled Onions Potatoes &amp; Gravy Green Bean Casserole Spiced Salad Pears WW Roll Rice Krispie Bars</p>	<p>24 Chicken Salad Sandwich Vegetable Soup Three Bean Salad Mixed Fruit Dessert</p>	<p>25 Chili with Cheese Garden Salad Broccoli Salad Peaches Cornbread Dessert</p>	<p>26 Chicken Cordon Bleu Rice Pilaf Capri Blend Vegetables Greek Salad Fruit Salad WW Roll Dessert</p> 	<p>27 Scalloped Potatoes &amp; Ham Casserole Green Beans Carrot Raisin Salad Spicy Apples Bread Pudding</p>
<p>30 Biscuits &amp; Gravy Stewed Tomatoes Juice Fresh Fruit Blueberry Muffin</p>	<p>31 Beef Tacos Spanish Rice Spiced Salad Mandarin Oranges Dessert</p> 	<p><b>Seniors Age 60 &amp; over—suggested donation \$4.00</b>  <b>Under age 60—\$8.50 FEE</b></p> <p>Please call 509-470-0522 for more information about the Home Delivered Meal program.</p>		



# Leavenworth Senior Meals March 2020



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Tater Tot Casserole Cuke &amp; Tomato Salad Apricots WW Bread or Roll Dessert</p>	<p>3 Country Style Ribs Mac &amp; Cheese Peas &amp; Carrots Cabbage Apple Slaw Pineapple &amp; Cherries WW Roll Dessert</p>	<p>4 Salmon with Dill Sauce Wild Rice Mediterranean Veggies Garden Salad Waldorf Salad WW Roll Dessert</p>	<p>5 Quiche Capri Vegetables Crunchy Pea Salad Grapes Blueberry Muffin</p>	<p>6 Ham &amp; Scalloped Potato Casserole Green Beans Carrot Raisin Salad Spicy Apples Bread Pudding</p>
<p>9 Beef Enchiladas Refried Beans Spanish Rice Mexican Slaw Strawberries &amp; Bananas Dessert</p>	<p>10 Hawaiian Chicken Stuffing Glazed Carrots Kale Salad Pineapple WW Roll Dessert</p>	<p>11 Chili with Cheese Garden Salad Broccoli Salad Peaches Cornbread Dessert</p>	<p>12 Fish Sandwich Sweet Potato Fries Cabbage Apple Slaw Fruit Tray Dessert</p> 	<p>13 Stroganoff Buttered Peas Tossed Salad Waldorf Salad WW Roll Dessert</p>
<p>16 1/2 Ham Sandwich Split Pea Soup Carrot Raisin Salad Pineapple Tidbits Crackers Dessert</p> 	<p>17 Corned Beef &amp; Cabbage Red Potatoes Carrots Tropical Fruit WW Roll Dessert</p>	<p>18 Chicken Cordon Bleu Rice Pilaf Capri Blend Veggies Greek Salad Fruit Salad Dessert</p>	<p>19 Hamburger Steak with Grilled Onions Green Bean Casserole Veggie Pasta Salad Spiced Salad Peaches Dessert</p>	<p>20 Vegetable Lasagna Cottage Cheese Caesar Salad Cinnamon Pears Garlic Breadsticks Dessert</p> 
<p>23 Beef Tacos Spiced Salad Black Bean &amp; Corn Salad Cinnamon Pears Dessert</p>	<p>24 Stuffed Peppers Green Beans Orange Quarters WW Roll Dessert</p>	<p>25 Chicken Fettuccine Crunchy Pea Salad Spring Salad Fresh Fruit Garlic Bread Dessert</p> 	<p>26 French Dip Pickled Beets Three Bean Salad Tropical Fruit Dessert</p>	<p>27 Sweet &amp; Sour Chicken Rice Spinach Salad Pineapple Tidbits Egg Roll Dessert</p>
<p>30 Tuna Noodle Casserole Peas &amp; Carrots Spiced Salad Peaches Garlic Bread Dessert</p>	<p>31 Pork Roast Stuffing &amp; Gravy Roasted Cauliflower Garden Salad WW Roll Peach Cobbler</p>	<div style="border: 2px solid black; padding: 10px;"> <p><b>Seniors Age 60 &amp; over—suggested do- nation \$4.00</b></p> <p><b>Under age 60—\$8.50 FEE</b></p> <p>Please call 509-548-6666 for more information about the Home Delivered Meal program.</p> </div>		