

Senior Meals
Brewster-Bridgeport-Pateros
April 2020



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chili with Cheese 1/2 Baked Potato Fresh Veggie Tray Peaches Cornbread Dessert	2 Tater Tot Casserole Cottage Cheese Tossed Salad WW Roll Apple Crisp	3
6	7 Stuffed Green Peppers Chopped 49'er Salad Apricots WW Roll Dessert	8 Egg Salad Sandwich Minestrone Soup Tossed Salad Oregon Berries Angel Food Cake	9 Ham Scalloped Potatoes Asparagus Green Salad Fruit Salad Biscuit Dessert	10 
13 	14 Tuna Noodle Casserole Peas & Carrots Garden Salad Blueberries WW Roll Dessert	15 Honey Mustard Chicken Rice Pilaf Mixed Vegetables Caesar Salad Tropical Fruit WW Roll Dessert	16 Fish & Chips Coleslaw Fruit Tray Cheesy Garlic Toast Oatmeal Cookies	17
20	21 Lentil Veggie Soup Cottage Cheese 7 Layer Salad Citrus Salad Cornbread Dessert	22 Meatloaf Potatoes & Gravy Peas Spinach Salad Chilled Pears WW Roll Dessert	23 Cheese Ravioli with Meat Sauce Italian Vegetables Apricots Bread Sticks Dessert	24 
27 	28 1/2 Ham & Cheese Sandwich Corn Chowder Pea Salad Whole Grain Crackers Apple Crisp	29 Beef Stew Green Salad Peaches Biscuit Cereal Bars	30 Broccoli Chicken Bake Herbed Noodles Garden Salad Waldorf Salad Focaccia Bread 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 689-2815



Omak-Okanogan Senior Meals April 2020



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 Chicken Pot Pie Green Salad Apricots French Bread Dessert	2 Biscuits & Gravy Scrambled Eggs Hash Browns Juice Fresh Fruit	3 Yankee Pot Roast Roasted Carrots & Red Potatoes Mixed Greens Salad Strawberries & Bananas WW Roll Oatmeal Cookies
6 Chicken Fajitas Refried Beans Mexican Rice Fiesta Salad Apple Celery Salad Dessert	7 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	8 Pork Roast Stuffing & Gravy Glazed Carrots Greek Salad Applesauce Dessert	9 Scrambled Eggs Ham O'Brien Potatoes Stewed Tomatoes Peaches Raspberry Cream Cheese Sweet Roll	10 Lemon Baked Fish Garden Rice Caribbean Veggies Coleslaw Tropical Fruit Salad Cornbread Dessert
13 Tater Tot Casserole Tossed Salad WW Roll Apple Crisp	14 Chicken Florentine Garden Salad Fresh Fruit Garlic Bread Dessert	15 Split Pea & Ham Soup 1/2 Turkey Sandwich Three Bean Salad Peaches WW Roll Dessert	16 Scrambled Eggs Bacon Fried Potatoes Juice Fresh Fruit French Toast	17 Sweet & Sour Pork Rice Oriental Vegetables Tossed Green Salad Tropical Fruit WW Roll Dessert
20 Egg Salad Sandwich Minestrone Soup Tossed Salad Oregon Berries Angel Food Cake	21 Chicken Fettuccine Peas Spinach Salad Pineapple & Cherries WW Roll Tiramisu	22 Chicken Fried Steak Potatoes & Gravy Trio Vegetables Mixed Greens Salad WW Roll Apricot Crisp	23 Scrambled Eggs Sausage Breakfast Potatoes Juice Fresh Fruit Pancakes	24 Chili 1/2 Baked Potato Fresh Veggie Tray Peaches Cornbread Dessert
27 Oven Fried Chicken Twice Baked Potatoes Trio Vegetables Cuke & Tomato Salad Grapes Biscuit Dessert	28 Ham Scalloped Potatoes Asparagus Green Salad Fruit Salad Muffin Dessert	29 Yakisoba (Beef & Noodles) Stir Fry Veggies Coleslaw Mandarin Oranges WW Roll Dessert	30 Breakfast Burrito ** Egg, Ham, Cheese Peppers, Onion & Potato Fresh Salsa Fresh Fruit	

volunteer
do good, feel good



Oroville Senior Meals April 2020



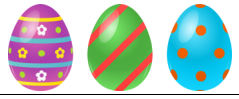
Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 Spaghetti & Meatballs Caesar Salad Peaches Garlic Bread Dessert	3 Honey Mustard Chicken Rice Pilaf Mixed Vegetables Carrot Raisin Salad Tropical Fruit WW Roll Dessert
6	7 Pork Roast Stuffing & Gravy Glazed Carrots Greek Salad Applesauce Dessert	8	9 White Bean Chicken Chili Corn Chips Fiesta Salad Fruit Cocktail Corn Bread Dessert	10 Chicken Fried Steak Potatoes & Gravy Trio Vegetables Tossed Green Salad WW Roll Apricot Crisp
13	14 Egg Salad Sandwich Minestrone Soup Tossed Salad Oregon Berries Angel Food Cake	15	16 Lemon Baked Fish Garden Rice Glazed Carrots Coleslaw Tropical Fruit Cornbread Dessert	17 Ham Scalloped Potatoes Asparagus Green Salad Fruit Salad Biscuit Dessert
20	21 Fish & Chips Coleslaw Tropical Fruit Cheesy Garlic Toast Oatmeal Cookies	22	23 Sweet & Sour Pork Over Noodles Oriental Veggies Tossed Green Salad Mandarin Oranges WW Roll Dessert	24 Bacon, Broccoli & Swiss Cheese Quiche Three Bean Salad Fruit Tray English Muffin Birthday Cake
27	28 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Sticks Dessert	29	30 Pasta Primavera with Ham Caesar Salad Fresh Fruit Tray Garlic Bread 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 476-2412





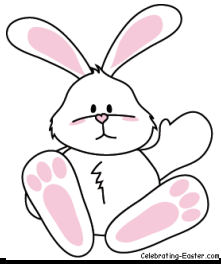












Tonasket Senior Meals April 2020

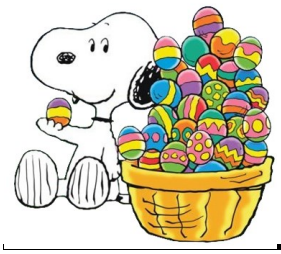


Monday	Tuesday	Wednesday	Thursday	Friday
		1 Fish & Chips Coleslaw Fruit Tray Cheesy Garlic Toast Oatmeal Cookies	2 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	3
6 Tuna Noodle Casserole Green Beans Garden Salad Blueberries Dessert	7	Split Pea & Ham Soup 1/2 Turkey Sandwich Three Bean Salad Coleslaw Peaches Crackers WW Roll Dessert	9 White Bean Chicken Chili Corn Chips Fiesta Salad Fruit Cocktail Corn Bread Dessert	10 
13 Sweet & Sour Meatballs Steamed Rice Oriental Veggies Asian Slaw Orange Quarters WW Roll Dessert	14 	15 Chicken Florentine Over Pasta Garden Salad Fresh Fruit Garlic Bread Dessert	16 Lemon Baked Fish Wild Rice Glazed Carrots Greek Salad Peaches Cornbread Dessert	17
20 Broccoli Chicken Bake Herbed Noodles Garden Salad Waldorf Salad Focaccia Bread Dessert	21 	22 Meatloaf Potatoes & Gravy Green Beans Spinach Salad Chilled Pears Muffin Dessert	23 Sweet & Sour Pork Over Noodles Oriental Veggies Tossed Green Salad Tropical Fruit WW Roll Dessert	24 
27 Oven Fried Chicken Twice Bake Potatoes Trio Vegetables Cuke & Tomato Salad Grapes Biscuit Dessert	28	29 Yankee Pot Roast Roasted Carrots & Potatoes Mixed Greens Salad Strawberries & Bananas WW Bread or Roll Oatmeal Cookies	30 Pasta Primavera with Ham Caesar Salad Fresh Fruit Tray Breadsticks Lemon Bars	

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 April 2020



Monday	Tuesday	Wednesday	Thursday	Friday
Seniors Age 60 & over—suggested donation $4.00 **Under age 60—$8.50 FEE** For information on the Home Delivered Meal Program please call 844-826-7979		1	2 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Sticks Dessert	3 Fish & Chips Coleslaw Fruit Tray Cheesy Garlic Toast Oatmeal Cookies
6 Stuffed Pepper Casserole Chopped 49'er Salad Apricots WW Roll Dessert	7	8 	9 Broccoli Chicken Bake Herbed Noodles Garden Salad Waldorf Salad Focaccia Bread Dessert	10 Lemon Baked Fish Garden Rice Glazed Carrots Coleslaw Peaches Cornbread Dessert
13 Bacon, Broccoli & Swiss Cheese Quiche Spinach Salad Fruit Tray Blueberry Muffin	14 	15	16 Sweet & Sour Pork Over Noodles Oriental Veggies Tossed Green Salad Tropical Fruit WW Roll Dessert	17 Ham Scalloped Potatoes Buttered Peas Green Salad Pineapple Biscuit Dessert
20 Honey Mustard Chicken Rice Pilaf Mixed Vegetables Coleslaw Peaches WW Roll Dessert	21	22 	23 Tater Tot Casserole Cottage Cheese Tossed Salad WW Roll Fruited Jell-O	24 Chicken Fettuccine Peas Spinach Salad Mixed Berries Garlic Bread Dessert
27 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	28 	29	30 Oven Fried Chicken Twice Bake Potatoes Cuke Tomato Salad Grapes Trio Vegetables Biscuit Dessert	

