








Senior Meals

Brewster-Bridgeport-Pateros

July 2019








Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Chicken Fettuccine Buttered Peas Spinach Salad Fresh Fruit WW Roll Dessert	3 Deluxe Cheeseburger Coleslaw Melons Dessert	4 	5
8 	9 Baked Fish Herbed Fettuccine Carrots Cabbage Apple Slaw Garlic Bread Mixed Berries Angel Food Cake	10 Sweet & Sour Meatballs Garden Rice Mixed Vegetables Cucumber Salad Tropical Fruit WW Roll Dessert	11 Biscuits & Gravy Sliced Tomatoes Orange Quarters Juice Blueberry Muffin	12
15	16 Beef Stew Garden Salad Peaches Biscuit Dessert	17 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	18 Hamburger Steak with Grilled Onions Potatoes & Gravy Green Beans Tossed Green Salad WW Bread or roll Cherry Crisp	19 
22	23 Fish & Chips Green Beans Garden Salad WW Bread or Roll Dessert	24 Baked ham Scalloped Potatoes Glazed Carrots Tossed Veggie Salad Pineapple WW Roll Dessert 	25 Beef Stroganoff Peas Cuke & Tomato Salad Fruit Salad WW Bread Dessert	26
29 	30 Veggie Lasagna Garden Salad Waldorf Salad Garlic Bread Dessert	31 Chili over Baked Potato Vegetable Tray Bananas & Strawberries WW Roll Rice Krispy Treats	<div data-bbox="1084 1619 1567 1906" style="border: 1px solid black; padding: 10px;"> <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 689-2815</p> </div>	

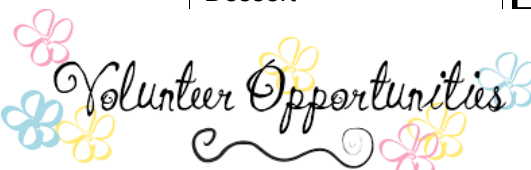




Omak-Okanogan Senior Meals July 2019



Okanogan	Omak	Okanogan	Omak
Monday	Tuesday	Wednesday	Thursday
1 PIZZA! Pepperoni, Olives, Onions & Peppers 7 Layer Salad Mixed Fruit Bread Sticks Ice Cream	2 Chicken Enchiladas Spanish Rice Refried Beans Summer Squash & Watermelon Salad Mandarin Oranges Dessert	3 Deluxe Cheeseburger Coleslaw Melon Dessert	4 
8 Pepper Steak Wild Rice Spinach Salad Grapes Egg Roll Dessert	9 Veggie Lasagna Garden Salad Waldorf Salad Garlic Bread Dessert 	10 BLT Sandwich Cottage Cheese Home Fries Fresh Fruit Tray Dessert	11 Biscuits & Gravy Sliced Tomatoes Orange Quarters Juice
15 Tater Tot Casserole Cottage Cheese Garden Salad Peaches WW Bread or Roll Dessert	16 Baked Ham Mac n Cheese Peas Tossed Veggie Salad Pineapple WW Roll Dessert	17 Chicken Stir Fry Rice Asian Style Slaw Mandarin Oranges Egg Roll Fortune Cookies	18 Breakfast Burrito (ham, egg, cheese & potato) Fresh Salsa Juice Fresh Fruit 
22 Teriyaki Beef on Rice Stir Fry Vegetables Garden Salad WW Roll Berry Crisp 	23 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	24 Burger Dip Sandwich Sweet Potato Fries Crunchy Pea Salad Dessert	25 Bacon & Cheddar Quiche Hash Brown Potatoes Juice Pineapple & Cherries Muffin
29 Chicken Florentine Wild Rice Caesar Salad Mixed Berries WW Roll Dessert	30 Tacos Spanish Rice Southwest Salad Cinnamon Pears Dessert	31 Country Fried Steak Potatoes & Gravy Green Beans Carrot Raisin Salad Peaches WW Roll Dessert	Seniors Age 60 & over suggested donation \$4.00 Under age 60—\$8.50 FEE For Home Delivered Meals please call 509-826-7979
			


 Volunteer Opportunities



Oroville Senior Meals July 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1	2 BLT Sandwich Cottage Cheese Vegetable Soup Fresh Fruit Tray Dessert	3	4  Happy 4th of July!	5 Bacon, Swiss & Mushroom Quiche Roasted Veggies Garden Salad Pineapple & Cherries Muffin
8 	9 Country Fried Steak Potatoes & Gravy Green Beans Carrot Raisin Salad Peaches WW Bread or Roll Dessert	10	11 Deluxe Cheeseburger Sweet Potato Fries Coleslaw Melon Dessert	12 Baked Fish Herbed Fettuccine Carrots Cabbage Apple Slaw Mixed Berries Garlic Bread Angel Food Cake
15	16 Shepherd's Pie 7 Layer Salad Fresh Fruit Tray WW Bread or Roll Dessert	17 	18 Pizza—Various Styles Caesar Salad Mandarin Oranges Bread Sticks Dessert	19 Turkey Sandwich with Cream Cheese & Cranberries Crunchy Pea Salad Waldorf Salad Pumpkin Pie
22 	23 Tacos Refried Beans Spanish Rice Fiesta Salad Cinnamon Pears Dessert	24	25 Veggie Lasagna Garden Salad Fruit Salad Garlic Bread Dessert	26 Sweet & Sour Meatballs Garden Rice Mixed Vegetables Caesar Salad Tropical Fruit Salad WW Roll Dessert
29	30 Fish & Chips Green Beans Coleslaw Citrus Salad WW Bread or Roll Dessert	31 	<p align="center">Seniors Age 60 & over—suggested donation \$4.00</p> <p align="center">Under age 60—\$8.50 FEE</p> <p align="center">Please call the Site Director for more information about the Home Delivered Meal program at 476-2412</p>	



Twisp Senior Meals July 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1 Hungarian Goulash Green Beans Caesar Salad WW Bread Dessert	2	3	4 	5 Chicken Fettuccine Buttered Peas Garden Salad Fresh Fruit Roll Dessert
8 Veggie Lasagna Garden Salad Waldorf Salad Garlic Bread Dessert	9 	10	11 Chicken Enchiladas Spanish Rice Coleslaw Cucumber & Watermelon Salad Mandarin Oranges Dessert	12 Chili with Cheese 1/2 Baked Potato Vegetable Tray Strawberries & Bananas WW Bread Cereal Bars
15 Baked Ham Scalloped Potatoes Snap Peas Tossed Veggie Salad Pineapple Slices WW Bread or Roll Dessert	16	17	18 Biscuits & Gravy Sliced Tomatoes Orange Quarters Juice Dessert	19 Clam Chowder Cottage Cheese Carrot Raisin Salad Spiced Salad Watermelon WW Roll Dessert
22 Beef Stroganoff Green Beans Carrot Salad Fruit Salad WW Bread or Roll Dessert	23	24 	25 Shepherd's Pie Garden Salad Fresh Fruit Tray WW Bread or Roll Dessert	26 Bacon & Swiss Quiche with Mushrooms Pea Salad Spinach Salad Pineapple & Cherries Muffin
29 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	30 	31	<div style="border: 2px solid black; padding: 10px;"> <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> </div>	



Tonasket Senior Meals July 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1 Chef's Salad Pasta Salad Broccoli Salad Mixed Melons Bread Sticks Dessert	2	3 Turkey Club Pizza Caesar Salad Cucumber Salad Grapes Garlic Knots Root Beer Floats	4 	5
8 Tacos Refried Beans Spanish Rice Southwest Salad Watermelon Sopapilla Cheesecake	9	10 Baked Ham Scalloped Potatoes Peas Tossed Salad WW Bread or Roll Fruited Jell-O	11 Biscuits & Gravy V-8 Juice Carrot Raisin Salad Apple Crisp	12 
15 Chicken Fettuccine Alfredo Buttered Peas Greek Salad Fresh Fruit Garlic Bread Spice Cake	16 	17 Chili with Cheese 1/2 Baked Potato Garden Salad Pickled Beets Oregon Berries WW Bread Dessert	18 Pork Stir Fry Rice Asian Style Slaw Mandarin Oranges Egg Roll Dessert	19
22 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	23	24 Baked Fish Wild Rice Mixed Veggies Cabbage Apple Slaw Bread Sticks Berry Cobbler	25 Hot Dogs Baked Beans Pea Salad Garden Salad Fruited Jell-O	26 
29 Beef Stroganoff Peas Carrot Salad Fruit Salad WW Roll Dessert	30	31 Bacon, Swiss & Mushroom Quiche V-8 Juice Broccoli Salad Pineapple & Cherries Muffin	<div style="border: 2px solid black; padding: 10px;"> <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> </div>	