



Senior Meals

Brewster-Bridgeport-Pateros

December 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	4 Hearty Turkey Noodle Soup Tossed Vegetable Salad Fresh Fruit Tray WW Roll Dessert	5 Meatloaf Potatoes & Gravy Green Beans Garden Salad WW Bread or Roll Fruited Jell-O	6 
9 	10 Tuna Noodle Casserole Peas & Carrots Garden Salad Mandarin Oranges WW Roll Dessert	11 Harvest Stew Coleslaw Peaches WW Roll Oatmeal Cookies	12 Chicken Cordon Bleu Garden Rice Brussels Sprouts Spinach Salad Tropical Fruit WW Roll Dessert	13
16	17 Chef's Salad Potato Soup Cinnamon Applesauce WW Roll Cereal Bars	18 Lasagna Mixed Vegetables Caesar Salad Pears Garlic Bread Dessert	19 Baked Ham Scalloped Potatoes Glazed Carrots Chopped Kale Salad Pineapple & Cherries Bread Pudding	20 
23	24 CLOSED 	25 CLOSED	26 Mac & Cheese with Ham Peas Tossed Green Salad Mixed Berries Muffin Dessert	27
30 	31 French Dip Sandwich Vegetable Tray Garden Salad Peaches 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 December 2019



Okanogan	Omak	Okanogan	Okanogan	Omak
Monday	Tuesday	Wednesday	Thursday-9am	Friday
2 Beef Enchiladas Baja Vegetable Blend Fresh Salsa Mandarin Oranges Dessert 	3 Orange Glazed Chicken Garden Rice Stir Fry Vegetables Asian Style Slaw Chilled Pineapple WW Roll Dessert	4 Lasagna Mixed Vegetables Caesar Salad Pears Garlic Bread Dessert	5 Biscuits & Gravy Sausage Hash Browns Juice Fresh Fruit	6 French Dip Sandwich Vegetable Tray Garden Salad Peaches Dessert
9 Chicken Pot Pie Spinach Salad Tangerines WW Roll Dessert	10 Meatloaf Potatoes & Gravy Green Beans Garden Salad WW Bread Fruited Jell-O	11 Mac & Cheese with Ham Peas Tossed Green Salad Mixed Berries Muffin Dessert	12 Scrambled Eggs Bacon Hash Browns Juice Grapefruit Sweet Rolls	13 Clam Chowder 1/2 Turkey Sandwich Three Bean Salad Tropical Fruit Blend Whole Grain Crackers Dessert 
16 Spaghetti & Meat Sauce Caesar Salad Waldorf Salad Garlic Bread Dessert	17 Baked Ham Au Gratin Potatoes Glazed Carrots Chopped Kale Salad Applesauce Bread Pudding	18 Chicken Cordon Bleu Garden Rice Brussels Sprouts Tossed Green Salad Cherries & Pineapple WW Bread or roll Dessert	19 Eggs Florentine with Spinach & Mushrooms Hash Browns Citrus Salad WW Bread Cheese Blintz	20 Baked Fish with Lemon Pepper Roasted Red Potatoes Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Dessert
23 Roast Beef Baked Potato Green Bean Casserole 7 Layer Salad Fruit Ambrosia Dinner Roll Special Dessert	24 	25	26 Scrambled Eggs with Ham & Cheese Hash Browns V-8 Juice Orange Quarters Coffee Cake	27 BBQ Meatballs Rice Pilaf Italian Vegetables Caesar Salad Fruit Cocktail WW Bread or Roll Dessert
30 Pork Chow Mein Stir Fry Vegetables Asian Slaw Mandarin Oranges WW Roll Dessert	31 Chicken Florentine Pasta Tossed Green Salad Fruit Salad Garlic Bread Lemon Bars	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 December 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Mac & Cheese with Bacon Peas Tossed Green Salad Mixed Berries Biscuit Dessert	4 	5 Beef Enchiladas Baja Veggie Blend Fresh Salsa Mandarin Oranges Empanada	6 Clam Chowder Tuna Melt Sandwich Green Salad Tropical Fruit Blend Whole Grain Crackers Dessert
9 	10 Chicken Burger Deluxe Potato Salad Coleslaw Carrot Raisin Salad Dessert	11	12 Meatloaf Potatoes & Gravy Green Beans Caesar Salad WW Bread or Roll Fruited Jell-O	13 Lemon Pepper Fish Garden Rice Peas Greek Salad Chilled Peaches Garlic Bread Dessert
16 	17 Chicken Paprika Egg Noodles Broccoli Mixed Greens Salad Chilled Peaches WW Roll Dessert	18 	19 Salisbury Steak Mashed Potatoes Trio Vegetables Carrot Raisin Salad Waldorf Salad WW Bread or Roll Dessert	20 Bacon Cheeseburger Sweet Potato Fries Southwest Salad Sliced Pears BIRTHDAY CAKE 
23 	24 	25	26 Baked Chicken Wild Rice Glazed Carrots Coleslaw Roll Fruited Jell-O	27 Beef Taco Pie Cottage Cheese Mexi Corn Fiesta Salad Spiced Apples Dessert
30	31 Roast Beef Potatoes & Gravy Green Beans Caesar Salad Fruit Ambrosia WW Bread or Roll Special 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	



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Twisp Senior Meals December 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2 Harvest Stew Coleslaw Orange Quarters WW Roll Oatmeal Cookies	3 	4	5 Lasagna Caesar Salad Pears Garlic Bread Dessert	6 Clam Chowder 1/2 Turkey Sandwich Green Salad Oregon Berries Whole Grain Crackers Dessert
9 Mac & Cheese with Ham Peas Tossed Green Salad Tropical Fruit Muffin Dessert	10	11 	12 Salisbury Steak Potatoes & Gravy Trio Vegetables Carrot Raisin Salad WW Bread or Roll Cherry Cobbler	13 Lemon Pepper Fish Garden Rice Normandy Vegetables Coleslaw Pineapple Garlic Bread Dessert
16 Chicken Fettuccine Italian Vegetables Caesar Salad Mandarin Oranges Bread Sticks Dessert	17	18	19 Orange Chicken Steamed Rice Stir Fry Vegetables Asian Style Slaw Chilled Pineapple WW Roll Dessert	20 Chicken Burger Deluxe Sweet Potato Fries Apple Wedges Dessert 
23 Roast Turkey Stuffing & Gravy Green Bean Casserole Cranberry Salad Waldorf Salad WW Roll Pumpkin Pie	24 CLOSED 	25 CLOSED	26 Pork Lo Mein on Noodles Asian Salad Mandarin Oranges Egg Roll Dessert	27 Chicken Cacciatore Rice Pilaf Italian Vegetables Grapes WW Roll Dessert
30 Beef & Tomato Pasta Casserole Spinach Salad Chilled Peaches WW Roll Dessert	31 		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	



Tonasket Senior Meals December 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2 Vegetable Medley Soup 1/2 Tuna Sandwich Pears Oatmeal Cookies	3 	4 Baked Chicken Potato Salad Glazed Carrots Cuke & Tomato Salad Fruit Cocktail Biscuit Dessert	5 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	6 
9 Baked Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Coleslaw Grapes Cornbread Dessert	10 	11 French Dip Sandwich Green Beans Garden Salad Apricots Dessert	12 Chicken Fettuccine Peas Caesar Salad Mandarin Oranges Bread Sticks Dessert	13
16 Hearty Turkey Noodle Soup Tossed Veggie Salad Fresh Fruit Tray WW Roll Dessert	17	18 Beef Enchiladas Baja Vegetable Blend Fresh Salsa Mandarin Oranges Dessert	19 Sloppy Joe Sandwich Coleslaw Fruit Salad Blondies	20 
23 Roast Beef Baked Potato Broccoli 7 Layer Salad Fruit Ambrosia WW Bread or Roll Special Dessert	24 	25	26 Chicken Pot Pie Garden Salad Mixed Berries Bread Pudding	27
30 Clam Chowder 1/2 Turkey Sandwich Green Salad Tropical Fruit Salad Whole Grain Crackers Dessert	31 		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	