



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		



Chelan Senior Meals

December 2019



Monday	Tuesday	Wednesday	Thursday	Friday-Manson
2 Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Dessert	3 Hearty Turkey Noodle Soup Tossed Veggie Salad Fresh Fruit Tray WW Roll Dessert	4 Orange Glazed Chicken Garden rice Stir Fry Vegetables Asian Style Slaw Pineapple WW Roll Dessert 	5 Lasagna Mixed Vegetables Caesar Salad Pears Garlic Bread Dessert	6 French Dip Sandwich Vegetable Tray Garden Salad Orange Quarters Dessert
9 Chicken Florentine Pasta Cuke & Tomato Salad Fruit Salad Garlic Bread Dessert	10 BBQ Meatballs Jo Jo's Normandy Vegetables Caesar Salad Tropical Fruit WW Bread or Roll Dessert	11 Chicken Cacciatore Rice Pilaf Italian Vegetables Grapes WW Roll Dessert	12 Macaroni & Cheese with Bacon Peas Tossed Green Salad Mixed Berries WW Roll Dessert 	13 Garden Chili Cottage Cheese Cucumber Salad Tortilla Chips Cheesy Biscuit Apple Crisp
16 Chicken Pot Pie Garden Salad Mixed Berries WW Roll Dessert 	17 Harvest Stew Coleslaw Orange Quarters WW Roll Oatmeal Cookies	18 Chicken Burger Deluxe Sweet Potato Fries Veggie Tray Chilled Peaches Dessert	19 Beef & Tomato Pasta Casserole Spinach Salad Apricots WW Roll Dessert	20 Enchiladas Baja Veggie Blend Fresh Salsa Mandarin Oranges Dessert
23 Baked Ham Scalloped Potatoes Glazed Carrots Chopped Kale Salad Pineapple & Cherries Bread Raisin Pudding	24 	25	26 Meatloaf Potatoes & Gravy Green Beans Garden Salad WW Bread or Roll Fruited Jell-O	27 Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Dessert
30 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	31 French Dip Sandwich Vegetable Tray Garden Salad Apple Celery Salad Dessert	 Seniors Age 60 & over—suggested donation \$4.00 Under age 60—\$8.50 FEE Please call 509-470-0522 for more information about the Home Delivered Meal program.		



Davenport Senior Meals December 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 Orange Glazed Chicken Garden Rice Stir Fry Vegetables Asian Style Slaw WW Bread or Roll Dessert	4	5 Lasagna Mixed Vegetables Caesar Salad Pears Garlic Bread Dessert	6 French Dip Sandwich Vegetable Tray Garden Salad Peaches Dessert
9	10 Meatloaf Potatoes & Gravy Green Beans Green Salad WW Bread or Roll Fruited Jell-O	11 	12 Macaroni & Cheese with Ham Peas Tossed Green Salad Mixed Berries Muffin Dessert	13 Clam Chowder 1/2 Turkey Sandwich Three Bean Salad Tropical Fruit Whole Grain Crackers Dessert
16 	17 Baked Ham Au Gratin Potatoes Glazed Carrots Chopped Kale Salad Applesauce Bread Pudding	18	19 Chicken Florentine Pasta Green Salad Citrus Salad WW Bread or Roll Dessert	20 Roast Beef Baked Potato Green Bean Casserole 7 Layer Salad Fruit Ambrosia WW Bread or Roll Special Dessert
23	24 		25 26 Baked Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Dessert	27 BBQ Meatballs Rice Pilaf Italian Vegetables Caesar Salad Fruit Cocktail WW Bread Dessert
30	31 Chicken Stir Fry Fried Rice Asian Slaw Mandarin Oranges WW Roll Dessert			

Seniors Age 60 & over—suggested donation
\$4.00

Under age 60—\$8.50 FEE

Please call the Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979



Entiat Senior Meals December 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2 Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Coleslaw Chilled Peaches Garlic Bread	3	4	5 Lasagna Mixed Vegetables Caesar Salad Pears Garlic Bread Dessert	6 
9 Chicken Florentine Pasta Cuke & Tomato Salad Fruit Salad Garlic Bread Dessert	10 	11	12 Macaroni & Cheese with Bacon Peas Tossed Green Salad Mixed Berries WW Roll Dessert	13
16 Chicken Pot Pie Garden Salad Mixed Berries WW Roll Dessert	17	18	19 Beef & Tomato Pasta Cas- serole Spinach Salad Apricots WW Roll Dessert	20 
23 Baked Ham Scalloped Potatoes Glazed Carrots Chopped Kale Salad Pineapple & Cherries Bread Raisin Pudding	24 	25	26 Meatloaf Potatoes & Gravy Green Beans Garden Salad WW Bread or Roll Fruited Jell-O	27
30 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	31 			

24 HOURS IN ADVANCE TO RESERVE OR CANCEL

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 888-0952

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

Under age 60—\$8.50 FEE

Please call 509-470-0522 for more information about the Home Delivered Meal program.



Harrington Senior Meals

December 2019



Monday	Tuesday	Wednes-	Thursday	Friday
2	3 Orange Glazed Chicken Garden Rice Stir Fry Vegetables Asian Style Slaw WW Bread or Roll Dessert	4 	5 Lasagna Mixed Vegetables Caesar Salad Pears Garlic Bread Dessert	6 French Dip Sandwich Vegetable Tray Garden Salad Peaches Dessert
9 	10 Meatloaf Potatoes & Gravy Green Beans Green Salad WW Bread or Roll Fruited Jell-O	11	12 Macaroni & Cheese with Ham Peas Tossed Green Salad Mixed Berries Muffin Dessert	13 Clam Chowder 1/2 Turkey Sandwich Three Bean Salad Tropical Fruit Whole Grain Crackers Dessert
16	17 Baked Ham Au Gratin Potatoes Glazed Carrots Chopped Kale Salad Applesauce Bread Pudding	18	19 Chicken Florentine Pasta Green Salad Citrus Salad WW Bread or Roll Dessert	20 Roast Beef Baked Potato Green Bean Casserole 7 Layer Salad Fruit Ambrosia WW Bread or Roll Special Dessert
23	24 	25	26 Baked Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Dessert	27 BBQ Meatballs Rice Pilaf Italian Vegetables Caesar Salad Fruit Cocktail WW Bread Dessert
30	31 Chicken Stir Fry Fried Rice Asian Slaw Mandarin Oranges WW Roll Dessert			

Seniors Age 60 & over—suggested donation \$4.00

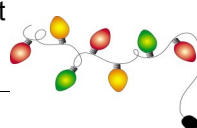
Under age 60—\$8.50 FEE

Please call the Nutrition Director for more information about
the Home Delivered Meal program toll-free 844-826-7979



Leavenworth Senior Meals December 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef & Tomato Pasta Casserole Spinach Salad Chilled Peaches WW Roll Desserts	3 Baked Chicken Wild Rice Glazed Carrots Kale Slaw Fruit Cocktail WW Roll Dessert	4 Bacon Cheeseburger Sweet Potato Fries Southwest Salad Oregon Berries Dessert	5 Chicken Paprika Egg Noodles Broccoli Cucumber Salad Mandarin Oranges WW Roll Dessert	6 Sloppy Joe Sandwich Jo Jo's Coleslaw Apricots Dessert 
9 Stuffed Cabbage Rolls Trio Vegetables 7 Layer Salad WW Bread or Roll Apricot Crisp	10 Pork Chops & Gravy Mashed Potatoes Green Beans Garden Salad Applesauce Biscuit with Chives Dessert	11 Chef Salad Potato Soup Mixed Fruit WW Roll Cereal Bars 	12 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	13 Ham & Au Gratin Potato Casserole Peas & Carrots Tossed Green Salad Waldorf Salad WW Roll Dessert
16 Pork Chow Mein Stir Fry Vegetables Asian Slaw Mandarin Oranges WW Roll Dessert 	17 Garden Chili Cottage Cheese Mixed Greens Salad Tortilla Chips Cheesy Biscuit Fruited Jell-O	18 Country Fried Steak Potatoes & Gravy Green Beans Tossed Veggie Salad Fruit Cocktail WW Roll Dessert	19 Lasagna Mixed Vegetables Caesar Salad Pears Garlic Bread Dessert	20 Tuna & Rice Bake California Vegetables Greek Salad Applesauce Garlic Bread Dessert
23 Roast Beef Baked Potato Green Bean Casserole 7 Layer Salad Fruit Ambrosia WW Roll Special Dessert	24 		26 Chicken Fettuccine Italian Vegetables Caesar Salad Mandarin Oranges Bread Sticks Dessert	27 Harvest Stew Coleslaw Peaches WW Roll Oatmeal Cookies
30 Salisbury Steak Potatoes & Gravy Trio Vegetables Spinach Salad WW Roll Fruit Cobbler	31 Hearty Turkey Noodle Soup Tossed Veggie Salad Fresh Fruit Tray WW Roll Dessert	Seniors Age 60 & over—suggested donation \$4.00 Under age 60—\$8.50 FEE Please call 509-548-6666 for more information about the Home Delivered Meal program. 		



Odessa Senior Meals December 2019

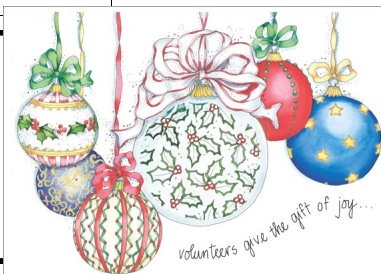


Monday	Tuesday	Wednesday	Thursday	Friday
2 Cabbage Patch Stew Pasta Salad Pea Salad Pears Cornbread Dessert 	3	4 Chicken Cordon Bleu Rice Pilaf Normandy Vegetables Tossed Green Salad Fruit Cocktail WW Bread or Roll Dessert	5 Sloppy Joe Sandwich Jo Jo's Coleslaw Apricots Dessert 	6
9 Country Fried Steak Mashed Potatoes & Gravy Country Trio Vegetables Garden Salad Fruit Cocktail WW Bread or Roll Dessert	10	11 Parmesan Chicken Pasta Marinara Italian Vegetables Green Salad Mandarin Oranges Garlic Bread Dessert	12 Pot Roast & Gravy Roasted Potatoes Glazed Carrots Spinach Salad Pineapple WW Bread or Roll Dessert	13 
16 Philly Steak Sandwich With Au Jus Jo Jo Potatoes Garden Salad Fruit Tray Dessert	17 	18 Tuna & Rice Bake California Vegetables Greek Salad Apple Slices Garlic Bread Dessert	19 Oven Baked Chicken Roasted Sweet Potatoes Cuke & Tomato Salad Grapes Biscuit Cereal Bars	20
23 Ham Mashed Potatoes Cauliflower & Chives Green Salad WW Bread or Roll Apple Crisp	24 	25	26 1/2 Turkey Sandwich Cheesy Potato Soup Pea Salad Fresh Fruit Tray WW Crackers Dessert	27 
30 Ham & Au Gratin Potato Casserole Brussels Sprouts Garden Salad Waldorf Salad WW Roll Dessert	31 	Seniors Age 60 & over—suggested donation \$4.00 Under age 60—\$8.50 FEE Please call the Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979		



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 		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	



Tonasket Senior Meals December 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2 Vegetable Medley Soup 1/2 Tuna Sandwich Pears Oatmeal Cookies	3 	4 le	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	



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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	



Wilbur Senior Meals

December 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Mac & Cheese with Ham Peas Tossed Green Salad Mixed Berries Muffin Dessert	4 BBQ Meatballs Rice Pilaf Italian Vegetables Caesar Salad Fruit Cocktail WW Roll Dessert	5 Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Dessert	6
9 	10 Tuna Casserole Peas & Carrots Garden Salad Tropical Fruit WW Bread or Roll Dessert	11 Country Fried Steak Mashed Potatoes Trio Vegetables Tossed Veggie Salad Fruit Cocktail WW Bread or Roll Dessert	12 Pork Chow Mein Stir Fry Vegetables Asian Slaw WW Roll Dessert	13
16	17 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	18 Chicken Cordon Bleu Garden Rice Peas Spinach Salad Cherries & Pineapple WW Roll Dessert 	19 Baked Ham Scalloped Potatoes Glazed Carrots Chopped Kale Salad Waldorf Salad Bread & Raisin Pudding	20
23	24 CLOSED 	25 CLOSED	26 Hearty Turkey Noodle Soup Tossed Vegetable Salad Fresh Fruit Tray WW Roll Dessert	27
30	31 Orange Glazed Chicken Garden Rice Stir Fry Veggies Asian Style Slaw Chilled Pineapple WW Roll Dessert		Seniors Age 60 & over—suggested donation \$4.00 Under age 60—\$8.50 FEE Please call the Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979	