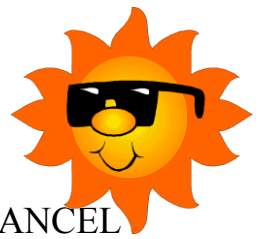


It is very costly to the senior meal program when you do not cancel your reservations.
 If you know you can't make it—
 Please call and cancel!
 Chelan 888-4440
 Manson 687-3377



Chelan Senior Meals

August 2019



24 HOURS IN ADVANCE TO RESERVE OR CANCEL

| Monday | Tuesday | Wednesday | Thursday | Friday-Manson |
|--------|---------|-----------|----------|---------------|
|--------|---------|-----------|----------|---------------|

| | | | | |
|---|---|---|---|--|
| <div style="border: 2px solid black; padding: 5px;"> <p>Seniors Age 60 & over—suggested donation \$4.00</p> <p>Under age 60—\$8.50 FEE</p> <p>Please call 509-470-0522 for more information about the Home Delivered Meal program.</p> </div> | | | <p>1 Chicken Caesar Wrap Potato Salad Marinated Vegetables Orange Quarters Dessert</p> | <p>2 BBQ Riblets Baked Beans Crunchy Pea Salad Coleslaw Cornbread Strawberry Shortcake</p> |
| <p>5 Chicken Enchiladas Spanish Rice Baja Vegetables Lettuce & Tomato Salad Melons Dessert</p> | <p>6 Hot Dogs Baked Beans Squash & Watermelon Salad Apple Slices Dessert</p> | <p>7 Meatballs Potatoes & Gravy Mixed Vegetables Caesar Salad Peaches WW Bread or Roll Dessert</p> | <p>8 Beef Stroganoff Green Beans Garden Salad WW Roll Fruited Jell-O</p> | <p>9 Bacon & Egg Salad Sandwich Vegetable Tray Pea Salad Mixed Fruit Dessert</p> |
| <p>12 Meatloaf Potatoes & Gravy Broccoli Caesar Salad Pears WW Roll Dessert</p> | <p>13 Chicken A La King Normandy Veggies Tossed Green Salad Spicy Apples Biscuits Dessert</p> | <p>14 Fish & Chips Peas Coleslaw WW Roll Fruited Jell-O</p> | <p>15 Chicken Cacciatore Wild Rice Carrot Raisin Salad Focaccia Bread Mixed Berries over Angel Food Cake</p> | <p>16 Spaghetti Caesar Salad Peaches Garlic Bread Dessert</p> |
| <p>19 Ham Roasted Sweet Potatoes Spinach Garden Salad Pineapple Bread Pudding</p> | <p>20 Stuffed Pepper Casserole 7 Layer Salad Chilled Pears WW Bread or Roll Dessert</p> | <p>21 Pulled Pork Sandwich Broccoli Salad Green Salad Peaches Dessert</p> | <p>22 Baked Chicken Pasta Salad Green Beans Caesar Salad Mandarin oranges WW Bread or Roll Dessert</p> | <p>23 Beef Taco Pie Coleslaw Southwest Salad Watermelon Dessert</p> |
| <p>26 BBQ Riblets Baked Beans Crunchy Pea Salad Coleslaw Cornbread Strawberry Shortcake</p> | <p>27 White Bean Chicken Chili Pasta Veggie Salad Melon Slices WW Roll Dessert</p> | <p>28 Taco's Spanish Rice Mexican Style Slaw Cinnamon Pears Dessert</p> | <p>29 Bacon & Egg Salad Sandwich Vegetable Tray Pea Salad Mixed Fruit Dessert</p> | <p>30 Chicken Strips Jo Jo's Trio Vegetables Spinach Salad Mandarin Oranges Dessert</p> |





Entiat Senior Meals August 2019



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---------|-----------|---|--------|
| | | | 1 Chicken Caesar Wrap Potato Salad Marinated Vegetables Orange Quarters Cereal Bars | 2 |
| 5 Chicken Enchiladas Spanish Rice Baja Vegetables Lettuce & Tomato Salad Melons Dessert | 6 | 7 | 8 Beef Stroganoff Green Beans Garden Salad WW Roll Fruited Jell-O | 9 |
| 12 Meatloaf Potatoes & Gravy Broccoli Caesar Salad Pears WW Roll Dessert | 13 | 14 | 15 Chicken Cacciatore Wild Rice Carrot Raisin Salad Focaccia Bread Mixed Berries over Angel Food Cake | 16 |
| 19 Ham Roasted Sweet Potatoes Spinach Garden Salad Pineapple Bread Pudding | 20 | 21 | 22 Baked Chicken Pasta Salad Green Beans Caesar Salad Mandarin oranges WW Bread or Roll Dessert | 23 |
| 26 BBQ Riblets Baked Beans Crunchy Pea Salad Coleslaw Cornbread Strawberry Shortcake | 27 | 28 | 29 Bacon & Egg Salad Sand- wich Vegetable Tray Pea Salad Mixed Fruit Dessert | 30 |

24 HOURS IN ADVANCE TO RESERVE OR CANCEL

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

Under age 60—\$8.50 FEE

Please call 509-470-0522 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 August 2019



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Monday

Tuesday

Wednesday

Thursday

Friday-Manson

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.



1
Chicken Caesar Wrap
Potato Salad
Marinated Vegetables
Orange Quarters
Cereal Bars

2
BBQ Riblets
Baked Beans
Crunchy Pea Salad
Coleslaw
Cornbread
Strawberry Shortcake

5
Chicken Enchiladas
Spanish Rice
Baja Vegetables
Lettuce & Tomato Salad
Melons
Dessert

6
Hot Dogs
Baked Beans
Squash & Watermelon Salad
Apple Slices
Dessert

7
Meatballs
Potatoes & Gravy
Mixed Vegetables
Caesar Salad
Peaches
WW Bread or Roll
Dessert

8
Beef Stroganoff
Green Beans
Garden Salad
WW Roll
Fruited Jell-O

9
Bacon & Egg Salad
Sandwich
Vegetable Tray
Pea Salad
Mixed Fruit
Dessert



12
Meatloaf
Potatoes & Gravy
Broccoli
Caesar Salad
Pears
WW Roll
Dessert

13
Chicken A La King
Normandy Veggies
Tossed Green Salad
Spicy Apples
Biscuits
Dessert

14
Fish & Chips
Peas
Coleslaw
WW Roll
Fruited Jell-O



15
Chicken Cacciatore
Wild Rice
Carrot Raisin Salad
Focaccia Bread
Mixed Berries over An-
gel Food Cake

16
Spaghetti
Caesar Salad
Peaches
Garlic Bread
Dessert

19
Ham
Roasted Sweet Potatoes
Spinach
Garden Salad
Pineapple
Bread Pudding

20
Stuffed Pepper Casserole
7 Layer Salad
Chilled Pears
WW Bread or Roll
Dessert

21
Pulled Pork Sandwich
Broccoli Salad
Green Salad
Peaches
Dessert

22
Baked Chicken
Pasta Salad
Green Beans
Caesar Salad
Mandarin oranges
WW Bread or Roll
Dessert

23
Beef Taco Pie
Coleslaw
Southwest Salad
Watermelon
Dessert

26
BBQ Riblets
Baked Beans
Crunchy Pea Salad
Coleslaw
Cornbread
Strawberry Shortcake



27
White Bean Chicken
Chili
Pasta Veggie Salad
Melon Slices
WW Roll
Dessert

28
Taco's
Spanish Rice
Mexican Style Slaw
Cinnamon Pears
Dessert

29
Bacon & Egg Salad
Sandwich
Vegetable Tray
Pea Salad
Mixed Fruit
Dessert



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30
Chicken Strips
Jo Jo's
Trio Vegetables
Spinach Salad
Mandarin Oranges
Garlic Bread
Dessert

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 Manson 687-3377



Leavenworth Senior Meals August 2019



24 HOURS IN ADVANCE TO RESERVE OR CANCEL

Monday Tuesday Wednesday Thursday Friday

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.



PLEASE CALL THE SENIOR CENTER FOR MENU. NEW SERVING DAYS ARE MONDAY, WEDNESDAY AND FRIDAY. 509-548-6666



It is very costly to the senior meal program when you do not cancel your reservations.
If you know you can't make it 509-548-6666

Senior Meals

August 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|----------------|------------------|-----------------|---------------|
| | | | 1 | 2 |
| 5 | 6 | 7 | 8 | 9 |
| 12 | 13 | 14 | 15 | 16 |
| 19 | 20 | 21 | 22 | 23 |
| 26 | 27 | 28 | 29 | 30 |