



Senior Meals

Brewster-Bridgeport-Pateros

February 2020









Monday

Tuesday

Wednesday

Thursday

Friday

				
3 	4 BBQ Chicken Mac & Cheese Broccoli Normandy Spiced Salad Muffin Apple Crisp	5 Salmon with Dill Sauce Garden Rice Mediterranean Veggies Garden Salad Citrus Salad WW Bread Dessert	6 Vegetable Lasagna Cottage Cheese Caesar Salad Cinnamon Pears Garlic Bread Sticks Dessert	7 
10	11 Biscuits & Gravy Stewed Tomatoes Juice Fresh Fruit Blueberry Muffin	12 1/2 Ham Sandwich Split Pea Soup Carrots Tropical Fruit WW Roll Dessert	13 Sweet & Sour Pork Rice Spinach Salad Pineapple Tidbits Garlic Bread Dessert	14 
17 	18 Stuffed Peppers Green Beans Orange Quarters WW Roll Dessert	19 Scalloped Potatoes & Ham Casserole Buttered Peas Carrot Raisin Salad Fruit Cocktail Bread Pudding	20 Roast Beef Potatoes & Gravy Broccoli Cuts Tossed Veggie Salad Waldorf Salad WW Roll Dessert	21 
24	25 Baked Fish Rice Pilaf Mixed Vegetables Tossed Salad Apple Celery Salad WW Roll Dessert	26 French Dip Pickled Beets Three Bean Salad Tropical Fruit Dessert	27 Chicken Fettuccine Crunchy Pea Salad Spring Salad Mandarin Oranges 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 689-2815



Chelan Senior Meals

February 2020



Monday Tuesday Wednesday Thursday Friday-Manson

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

Under age 60—\$8.50 FEE

Please call 509-888-4440 for more information about the Home Delivered Meal program.

*Happy
Valentine's
Day*

3
Hot Turkey Sandwich
Mashed Potatoes
Spinach
Spring Salad
Cranberry Salad
Pumpkin Pie

4
Spaghetti & Meat Sauce
Caesar Salad
Spiced Pears
Garlic Bread
Dessert

5
Beef Stew
Spinach Salad
Banana
Biscuit
Cereal Bars

6
Fish & Chips
Cabbage Apple Slaw
Fruit cocktail
WW Roll
Oatmeal Cookies



7
Hamburger Steak with
Grilled Onions
Twice Bake Potato
Country Trio Veggies
Garden Veggie Salad
WW Roll
Berry Crisp

10
Swedish Meatballs
Egg Noodles
Peas & Carrots
Spiced Salad
Peaches
WW Roll
Dessert

11
Supreme Style Pizza
Caesar Salad
Fruit Salad
Garlic Knots
Dessert



12
Teriyaki Beef
Rice
Oriental Vegetables
Spinach Salad
Mandarin Oranges
Egg Roll
Dessert

13
Ham Steak
Scalloped Potatoes
Green Salad
Citrus Salad
WW Roll
Rice Pudding

14
Cheese Ravioli with
Meat Sauce
Caesar Salad
Apricots
Garlic Bread
Dessert



17
Presidents' Day


18
Pork Chops/Applesauce
Potatoes & Gravy
Peas & Carrots
Green Salad
Waldorf Salad
WW Roll
Dessert

19
Dijon Chicken Breast
Garden Rice
Cauliflower & Chives
Mixed Greens Salad
Citrus Salad
WW Bread
Dessert

20
Clam Chowder
Broccoli Salad
Three Bean Salad
Peaches
Cheesy Garlic Bread
Oatmeal Cookies

21
Chicken Burger
Deluxe
Sweet Potato Fries
Pea Salad
Waldorf Salad
Dessert

24
Meatloaf & Gravy
Mashed Potatoes
Green Beans
Carrot Raisin Salad
Apple Celery Salad
WW Bread
Dessert

25
BBQ Chicken
Mac & Cheese
Broccoli Normandy
Spiced Salad
Muffin
Apple Crisp

26
Bacon & Egg Salad
Sandwich on Croissant
Vegetable Soup
Spinach Salad
Citrus Salad
Dessert





27
Chicken Parmesan
Pasta Marinara
Steamed Broccoli
7 Layer Salad
WW Roll
Apricot Crisp

28
Pot Roast
Roasted Potatoes and
Carrots
Spinach Salad
WW Bread
Berry Crisp



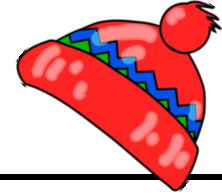
Davenport Senior Meals February 2020



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Seniors Age 60 & over—suggested donation \$4.00</p> <p>Under age 60—\$8.50 FEE</p> <p>Please call the Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979</p>				
3	4 Ham & Scalloped Potato Casserole Green Beans Carrot Raisin Salad Spiced Apples Herb Bread Cereal Bars	5	6 Dijon Chicken Breast Garlic Pasta California Vegetables Greek Salad Focaccia Bread Apple Cobbler	7 Beef Enchiladas Spanish Rice Refried Beans Mexican Style Slaw Mixed Fruit Dessert
10	11 Southern Pork Pot Roast Mashed Potatoes Spinach Salad Chilled Pears WW Roll Dessert		13 Quiche Lorraine Glazed Carrots 49'er Chopped Salad Mixed Grapes Blueberry Muffin	14 Cheese Ravioli with Meat Sauce Caesar Salad Apricots Garlic Bread Ice Cream Sundaes 
	18 BBQ Country Ribs Macaroni & Cheese Peas & Mushrooms Coleslaw Pineapple Tidbits WW Roll Dessert	19	20 Chicken Parmesan Pasta Marinara Normandy Vegetables WW Bread or Roll Cherry Crisp	21 Cheeseburger Pie Green Beans Tossed Veggie Salad Fruit Cocktail French Bread Dessert
24	25 Chicken Salad Croissant Garden Veggie Soup Three Bean Salad Fresh Fruit Tray Dessert		27 Salmon Patties Wild Rice Mediterranean Veggies Spinach Salad Oregon Berries Onion Bread Dessert	28 Corned Beef & Cabbage Oven Brownd Potatoes Carrots Lyonnaise Tropical Fruit WW Bread or Roll Dessert



Entiat Senior Meals February 2020



Monday	Tuesday	Wednesday	Thursday	Friday
		WE TEERS VOLUNTEERS		
3 Hot Turkey Sandwich Mashed Potatoes Spinach Spring Salad Cranberry Salad Pumpkin Pie	4 	5	6 Fish & Chips Cabbage Apple Slaw Fruit cocktail WW Roll Oatmeal Cookies	7
10 Swedish Meatballs Egg Noodles Peas & Carrots Spiced Salad Peaches WW Roll Dessert	11	12 	13 Ham Steak Scalloped Potatoes Green Salad Citrus Salad WW Roll Rice Pudding	14
17 	18	19	20 Clam Chowder Broccoli Salad Three Bean Salad Peaches Cheesy Garlic Bread Oatmeal Cookies	21
24 Meatloaf & Gravy Mashed Potatoes Green Beans Carrot Raisin Salad Apple Celery Salad WW Bread Dessert	25	26 	27 Chicken Parmesan Pasta Marinara Steamed Broccoli 7 Layer Salad WW Roll Apricot Crisp	

24 HOURS IN ADVANCE TO RESERVE OR CANCEL

Seniors Age 60 & over—suggested donation

\$4.00

Under age 60—\$8.50 FEE

Please call 509-888-4440 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 888-0952



Harrington Senior Meals February 2020



Monday

Tuesday

Wednesday

Thursday

Friday

**CALL 509-725-7055
24 HOURS IN ADVANCE TO
RESERVE OR CANCEL**



3



4

Ham & Scalloped Potato
Casserole
Green Beans
Carrot Raisin Salad
Spiced Apples
Herb Bread
Cereal Bars

5

6

Dijon Chicken Breast
Garlic Pasta
California Vegetables
Greek Salad
Focaccia Bread
Apple Cobbler

7

Beef Enchiladas
Spanish Rice
Refried Beans
Mexican Style
Slaw
Mixed Fruit
Dessert

10

11

Southern Pork Pot Roast
Mashed Potatoes
Spinach Salad
Chilled Pears
WW Roll
Dessert

12

13

Quiche Lorraine
Glazed Carrots
49'er Chopped Salad
Mixed Grapes
Blueberry Muffin

14

Cheese Ravioli
with Meat Sauce
Caesar Salad
Apricots
Garlic Bread
Ice Cream Sun-
daes

17



18

BBQ Country Ribs
Macaroni & Cheese
Peas & Mushrooms
Coleslaw
Pineapple Tidbits
WW Roll
Dessert

19



20

Chicken Parmesan
Pasta Marinara
Normandy Vegetables
WW Bread or Roll
Cherry Crisp

21

Cheeseburger Pie
Green Beans
Tossed Veggie
Salad
Fruit Cocktail
French Bread
Dessert

24

25

Chicken Salad Croissant
Garden Veggie Soup
Three Bean Salad
Fresh Fruit Tray
Dessert

26

27

Salmon Patties
Wild Rice
Mediterranean Veg-
gies
Spinach Salad
Oregon Berries
Onion Bread
Dessert

28

Corned Beef &
Cabbage
Oven Browned
Potatoes

Seniors Age 60 & over—suggested donation \$4.00

Under age 60—\$8.50 FEE




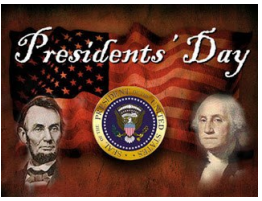


Please call the Nutrition Director for more information about
the Home Delivered Meal program toll-free 844-826-7979





Leavenworth Senior Meals February 2020



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Seniors Age 60 & over—suggested donation \$4.00</p> <p>Under age 60—\$8.50 FEE</p> <p>Please call 509-548-6666 for more information about the Home Delivered Meal program.</p>		<p>WE  VOLUNTEERS</p>		
<p>3 Teriyaki Beef Rice Oriental Veggies Spinach Salad Mandarin Oranges Egg Roll Dessert</p>	<p>4 Pot Roast Roasted Potatoes and Roasted Carrots Garden Salad WW Bread Berry Crisp</p> 	<p>5 Clam Chowder Broccoli Salad Three Bean Salad Peaches Cheesy Garlic Bread Oatmeal Cookies</p>	<p>6 Chicken Burger Deluxe Sweet Potato Fries Pea Salad Waldorf Salad Dessert</p>	<p>7 Spaghetti & Meat Sauce Caesar Salad Spiced Pears Garlic Bread Dessert</p>
<p>10 Cabbage Rolls Carrots Spiced Salad Strawberries & Bananas WW Roll Dessert</p>	<p>11 Hot Turkey Sandwich (Open Face) Mashed Potatoes Spinach Spring Salad Cranberry Salad Pumpkin Pie</p>	<p>12 Chicken Parmesan Pasta with Marinara Sauce Steamed Broccoli 7 Layer Salad WW Roll Apricot Crisp</p>	<p>13 Chicken Fajitas Spanish Rice Tossed Green Salad Oregon Berries over Ice Cream</p>	<p>14 Fish & Chips Cabbage Apple Slaw Fruit Cocktail Rice Krispy Treats</p> 
<p>17</p> 	<p>18 Country Fried Steak Mashed Potatoes Trio Vegetables Garden Salad Chilled Pears WW Roll Dessert</p>	<p>19 Pepper Steak Rice Garden Salad Mandarin Oranges WW Roll Dessert</p> 	<p>20 Lemon Baked Fish Garlic Pasta Brussels Sprouts Green Salad Oregon Berries WW Roll Dessert</p>	<p>21 PIZZA Caesar Salad Fruit Salad Garlic Knots Dessert</p>
<p>24 Bacon & Egg Salad Sandwich Vegetable Soup Spinach Salad Citrus Salad Dessert</p>	<p>25 Cheese Ravioli in Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p> 	<p>26 Swedish Meatballs Egg Noodles Peas & Carrots Spiced Salad Peaches WW Roll Dessert</p>	<p>27 Dijon Chicken Breast Garden Rice Cauliflower & Chives Mixed Greens Salad Mandarin Oranges WW Bread Dessert</p>	<p>28 Pork Chops Mashed Potatoes Carrots Green Salad Waldorf Salad WW Bread or Roll Dessert</p>



Manson Senior Meals February 2020



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.

*Happy
Valentine's
Day*



3
Hot Turkey Sandwich
Mashed Potatoes
Spinach
Spring Salad
Cranberry Salad
Pumpkin Pie



4
Spaghetti & Meat Sauce
Caesar Salad
Spiced Pears
Garlic Bread
Dessert

5
Beef Stew
Spinach Salad
Banana
Biscuit
Cereal Bars

6
Fish & Chips
Cabbage Apple Slaw
Fruit cocktail
WW Roll
Oatmeal Cookies

7
Hamburger Steak with
Grilled Onions
Twice Bake Potato
Country Trio Veggies
Garden Veggie Salad
WW Roll
Berry Crisp

10
Swedish Meatballs
Egg Noodles
Peas & Carrots
Spiced Salad
Peaches
WW Roll
Dessert

11
Supreme Style Pizza
Caesar Salad
Fruit Salad
Garlic Knots
Dessert

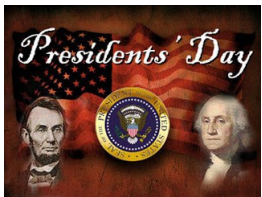
12
Teriyaki Beef
Rice
Oriental Vegetables
Spinach Salad
Mandarin Oranges
Egg Roll
Dessert



13
Ham Steak
Scalloped Potatoes
Green Salad
Citrus Salad
WW Roll
Rice Pudding

14
Cheese Ravioli with
Meat Sauce
Caesar Salad
Apricots
Garlic Bread
Dessert

17
Presidents' Day



18
Pork Chops/Applesauce
Potatoes & Gravy
Peas & Carrots
Green Salad
Waldorf Salad
WW Roll
Dessert

19
Dijon Chicken Breast
Garden Rice
Cauliflower & Chives
Mixed Greens Salad
Citrus Salad
WW Bread
Dessert

20
Clam Chowder
Broccoli Salad
Three Bean Salad
Peaches
Cheesy Garlic Bread
Oatmeal Cookies

21
Chicken Burger Deluxe
Sweet Potato Fries
Pea Salad
Waldorf Salad
Dessert

24
Meatloaf & Gravy
Mashed Potatoes
Green Beans
Carrot Raisin Salad
Apple Celery Salad
WW Bread
Dessert

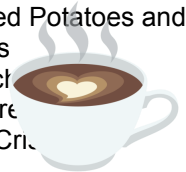
25
BBQ Chicken
Mac & Cheese
Broccoli Normandy
Spiced Salad
Muffin
Apple Crisp



26
Bacon & Egg Salad
Sandwich on Croissant
Vegetable Soup
Spinach Salad
Citrus Salad
Dessert

27
Chicken Parmesan
Pasta Marinara
Steamed Broccoli
7 Layer Salad
WW Roll
Apricot Crisp

28
Pot Roast
Roasted Potatoes and
Carrots
Spinach
WW Bread
Berry Crisp



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

Odessa Senior Meals February 2020



Monday Tuesday Wednesday Thursday Friday

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



3
Beef Tacos
Spanish Rice
Mexi Corn
Applesauce
Dessert

4



5
BBQ Country Ribs
Sweet Potato Fries
Pasta Salad
Carrot Raisin Salad
Apple Crisp

6
Chicken Parmesan
Pasta Marinara
Steamed Broccoli
7 Layer Salad
Apricots
WW Roll
Dessert

7

10
Country Fried Steak
Mashed Potatoes
Trio Vegetables
Garden Salad
Chilled Pears
WW Roll
Dessert

11

12
Stuffed Cabbage Rolls
Roasted Red Potatoes
Tossed Salad
Strawberries & Bananas
WW Bread or Roll
Dessert

13
Ham Steak
Scalloped Potatoes
Spinach Salad
Citrus Salad
WW Roll
Rice Pudding

14



17



Presidents' Day

18


19
Navy Bean Soup
1/2 Turkey Sandwich
Crunchy Pea Salad
Tossed Green Salad
Peaches
Cereal Bars

20
Cheeseburger Pie
Peas & Carrots
Tossed Vegetable Salad
Fruit Cocktail
French Bread
Dessert

21

24
Beef Stew
Spinach Salad
Banana
Biscuit
Rice Krispy Bars

25



26
Pizza-supreme style
Caesar Salad
Fruit Salad
Garlic Bread
Dessert

27
Pepper Steak
Rice
Garden Salad
Mandarin Oranges
WW Bread
Dessert

28



Omak-Okanogan Senior Meals February 2020





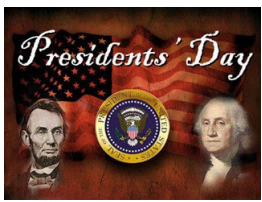

Okanogan

Omak

Okanogan

Okanogan





Omak

Monday	Tuesday	Wednesday	Thursday-9am	Friday
<div style="border: 1px solid black; padding: 10px; display: inline-block;"> <p>Seniors Age 60 & over suggested donation \$4.00 Under age 60—\$8.50 FEE For Home Delivered Meals please call 509-826-7979</p> </div> <div style="text-align: center; margin-top: 20px;"> </div>				
<p>3 Cheeseburger Pie Corn Tossed Veggie Salad Fruit Cocktail French Bread Dessert</p>	<p>4 Chicken Burger Deluxe Sweet Potato Fries Pea Salad Waldorf Salad Dessert</p>	<p>5 Honey Dijon Chicken Garden Rice Mixed Greens Salad Citrus Salad WW Bread Dessert</p>	<p>6 Biscuits & Gravy Scrambled Eggs Oven Brown Potatoes Juice Fresh Fruit Blueberry Muffin</p> 	<p>7 Cheese Ravioli in Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>
<p>10 Fish & Chips Cabbage Apple Slaw Fruit Cocktail WW Roll Cereal Bars</p>	<p>11 Chicken Salad Croissant Vegetable Soup Grapes Dessert</p>	<p>12 Pizza Supreme Style Caesar Salad Fruit Salad Garlic Knots Dessert</p>	<p>13 Scrambled Eggs Bacon Hash Browns Juice Fresh Fruit French Toast</p>	<p>14 Stuffed Cabbage Rolls Roasted Red Potatoes Green Beans Strawberries & Bananas WW Roll Dessert</p> 
<p>17 </p>	<p>18 Chicken Spaghetti Casserole California Vegetables Greek Salad Fruit Salad Garlic Bread Dessert</p>	<p>19 Pork Stir Fry Garden Rice Coleslaw Mandarin Oranges Egg Roll Fortune Cookies</p>	<p>20 Scrambled Eggs Ham Potatoes O'Brien Juice Fresh Fruit AM Muffins (Apple, Carrot, Raisin)</p>	<p>21 Navy Bean Soup 1/2 Turkey Sandwich Crunchy Pea Salad Tossed Green Salad Peaches Cereal Bars</p> 
<p>24 Chicken Fajitas Spanish Rice Tossed Green Salad Oregon Berries over Ice Cream</p>	<p>25 Beef Stew Spinach Salad Banana Biscuit Rice Krispie Bars</p>	<p>26 Hamburger Steak with Grilled Onions Twice Bake Potatoes Garden Veggie Salad WW Roll Apple Crisp</p>	<p>27 Scrambled Eggs Bacon Potatoes O'Brien Juice Fresh Fruit Maple Sticky Buns</p>	<p>28 Lemon Baked Fish Wild Rice Steamed Broccoli Coleslaw Oregon Berries WW Roll Dessert</p>



Oroville Senior Meals February 2020



Monday	Tuesday	Wednesday	Thursday	Friday
<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 476-2412</p>				
<p>3</p> 	<p>4</p> <p>BBQ Chicken Mac & Cheese Broccoli Normandy Spiced Salad Biscuit Apple Crisp</p>	<p>5</p>	<p>6</p> <p>Teriyaki Beef Rice Oriental Vegetables Asian Slaw Mandarin Oranges Egg Roll Fortune Cookies</p> 	<p>7</p> <p>Lemon Baked Fish 1/2 Baked Potato Brussels Sprouts Oregon Berries WW Roll Oatmeal Cookies</p>
<p>10</p>	<p>11</p> <p>Swedish Meatballs Egg Noodles Peas & Carrots Caesar Salad Peaches Garlic Bread Dessert</p>	<p>12</p> 	<p>13</p> <p>Pork Chops/Applesauce Potatoes & Gravy Green Beans Green Salad Waldorf Salad WW Bread or Roll Dessert</p>	<p>14</p> <p>Fish & Chips Cabbage Apple Slaw Tropical Fruit Breadstick Cereal Bars</p>
<p>17</p> 	<p>18</p> <p>Dijon Chicken Breast Garden Rice Cauliflower & Chives Kale Salad Ambrosia Salad WW Roll Dessert</p>	<p>19</p>	<p>20</p> <p>Stuffed Cabbage Rolls Roasted Red Potatoes Tossed Salad Strawberries & Bananas WW Roll Oatmeal Cookies</p>	<p>21</p> <p>PIZZA! - Veggie Lover's - Hawaiian or Supreme Caesar Salad Fruit Salad Garlic Breadsticks Dessert</p>
<p>24</p>	<p>25</p> <p>Meatloaf Potatoes & Gravy Green Beans Carrot Raisin Salad Apple Raisin Salad WW Roll Dessert</p>	<p>26</p>	<p>27</p> <p>Chicken Parmesan Pasta Marinara Steamed Broccoli 7 Layer Salad Apricots Garlic Bread Dessert</p>	<p>28</p> <p>Clam Chowder 1/2 Tuna Melt Three Bean Salad Fruit Salad Whole Grain Crackers WW Roll Dessert</p>



Tonasket Senior Meals February 2020



Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">Seniors Age 60 & over—suggested donation \$4.00</p> <p style="text-align: center;">Under age 60—\$8.50 FEE</p> <p style="text-align: center;">Please call the Site Director for more information about the Home Delivered Meal program at 486-2483</p>				
<p>3 Chicken Salad on Croissant Vegetable Soup Broccoli Salad Peaches Dessert</p>	<p>4</p>	<p>5 Cheese Ravioli in meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>6 Chicken Chow Mein Chow Mein Noodles Coleslaw Mandarin Oranges Breadstick Fortune Cookies</p>	<p>7</p> <div style="text-align: center;"> </div>
<p>10 Chicken Burger Deluxe Sweet Potato Fries Three Bean Salad Waldorf Salad Dessert</p>	<p>11</p>	<p>12 Meatloaf Potatoes & Gravy Green Beans Carrot Raisin Salad Fruit Cocktail WW Roll Dessert</p>	<p>13 Navy Bean Soup 1/2 Turkey Sandwich Crunchy Pea Salad Tossed Green Salad Peaches Cereal Bars</p> <div style="text-align: right;"> </div>	<p>14</p>
<p>17</p> <div style="text-align: center;"> </div>	<p>18</p>	<p>19 Fish & Chips Cabbage Apple Slaw Fruit cocktail WW Roll Oatmeal Cookies</p>	<p>20 Chicken Fajitas Spanish Rice Tossed Green Salad Oregon Berries Cheesecake</p>	<p>21</p>
<p>24 BBQ Chicken Mac & Cheese Broccoli Normandy Spring Salad Corn Muffin Peach Cobbler</p>	<p>25</p>	<p>26 Ham Steak Scalloped Potatoes Spinach Salad Citrus Salad WW Roll Rice Pudding</p>	<p>27 Pot Roast Roasted Potatoes & Carrots Tossed Green Salad WW Roll Berry Crisp</p>	<p>28</p> <div style="text-align: center;"> </div>



Twisp Senior Meals February 2020



Monday

Tuesday

Wednesday

Thursday

Friday

		<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>		
<p>3 Dijon Chicken Breast Garlic Pasta Cauliflower & Chives Mixed Greens Salad Citrus Salad WW Roll Dessert</p>	<p>4</p>	<p>5</p>	<p>6 Meatloaf Potatoes & Gravy Green Beans Carrot Raisin Salad Apple Celery Salad WW Roll Dessert</p>	<p>7 Lemon Baked Fish Wild Rice Steamed Broccoli Coleslaw Oregon Berries WW Roll Dessert</p>
<p>10 Chicken Salad Croissant Vegetable Soup Grapes Dessert</p>	<p>11</p>	<p>12</p> 	<p>13 Pepper Steak Rice Garden Salad Cinnamon Pears WW Roll Dessert</p>	<p>14 Fish & Chips Cabbage Apple Slaw Fruit Cocktail WW Bread or Roll Cereal Bars</p>
<p>17</p> 	<p>18</p>	<p>19</p>	<p>20 Spaghetti & Meat Sauce Spinach Salad Spiced Pears Garlic Bread Dessert</p>	<p>21 Clam Chowder Broccoli Salad Three Bean Salad Peaches Cheesy Garlic Bread Oatmeal Cookies</p>
<p>24 Fajitas Spanish Rice Tossed Green Salad Oregon Berries over Ice Cream</p>	<p>25</p>	<p>26</p> 	<p>27 Hot Roast Beef Sandwich (Open Face) Green Beans Garden Salad WW Roll Peach Crisp</p>	<p>28 Biscuits & Gravy Scrambled Eggs Oven Brown Potatoes Juice Fresh Fruit Blueberry Muffin</p>



Wilbur Senior Meals

February 2020



Monday	Tuesday	Wednesday	Thursday	Friday
3	4 BBQ Chicken Mac & Cheese Broccoli Normandy Spiced Salad Muffin Apple Crisp	5 Lemon Baked Fish Wild Rice Brussels Sprouts Green Salad Oregon Berries WW Roll Dessert	6 Hot Turkey Sandwich Mashed Potatoes Spinach Spring Salad Cranberry Salad Pumpkin Pie	7
10	11 Hamburger Steak with Grilled Onions Twice Bake Potatoes Country Trio Veggies WW Bread Berry Crisp	12 Fish & Chips Cabbage Apple Slaw Fruit Cocktail WW Roll Cereal Bars	13 Pork Chops Potatoes & Gravy Peas & Carrots Green Salad Waldorf Salad WW Roll Dessert 	14
17 President's Day	18 Bacon & Egg Salad Sandwich Vegetable Soup Caesar Salad Citrus Salad Dessert	19 Ham Steak Scalloped Potatoes Spinach Salad Mandarin Oranges WW Roll Rice Pudding	20 Country Fried Steak Mashed Potatoes Trio Vegetables Garden Salad Chilled Pears WW Roll Dessert	21
24	25 Chicken Burger Deluxe Sweet Potato Fries Three Bean Salad Tropical Fruit Dessert	26 Meatloaf Potatoes & Gravy Green Beans Carrot Raisin Salad Apple Celery Salad WW Roll Dessert	27 Navy Bean & Ham Soup 1/2 Turkey Sandwich Crunchy Pea Salad Tossed Green Salad Peaches Cereal Bars	28

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

February 2020

3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28