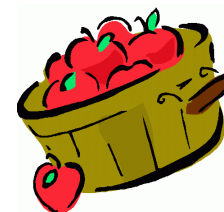




Chelan Senior Meals

September 2019



Monday	Tuesday	Wednesday	Thursday	Friday-Manson
2 LABOR DAY	3 Chicken Burger Deluxe Potato Salad Fruit Tray Dessert	4 Salisbury Steak Potatoes & Gravy Buttered Peas Cuke & Tomato Salad Mandarin oranges WW Dinner Roll Dessert	5 Chicken Cordon Bleu Wild Rice Trio Vegetables Greek Salad Mixed Melons WW Bread or Roll Dessert	6 Tuna Casserole Peas & Carrots Spinach Salad Garlic Bread Apple Crisp
9 Chicken Parmesan Garlic Pasta Italian Vegetables Caesar Salad WW Bread or roll Fruit Ambrosia	10 Hot Turkey Sandwich Potatoes & Gravy Yams Green Beans Peaches WW Bread Dessert	11 Taco Salad Southwest Salad Watermelon Tortilla Chips Dessert	12 Sweet & Sour Meatballs Garden Rice Mixed Vegetables Tossed Salad Pineapple Roll Dessert	13 Chicken Fried Steak Potatoes & Gravy Green Beans Garden Salad Pears WW Roll Dessert
16 Spaghetti Caesar Salad Fresh Fruit Tray Garlic Bread Dessert	17 Chef's Salad Mixed melons WW Roll Cereal Bars	18 Fish & Chips Broccoli Salad Coleslaw Garlic Bread Fruited Jell-O	19 Beef Stew Spinach Salad Mixed Fruit Biscuit Dessert	20 Ham Roasted Sweet Potatoes Green Salad Fresh Fruit Tray WW Bread or Roll Pumpkin Pie
23 Roast Beef Potatoes & Gravy Peas Caesar Salad WW Bread or Roll Apple Crisp	24 Clam Chowder Cottage Cheese Green Salad V-8 Juice Fruit Cup Biscuit Dessert	25 French Dip Veggie Pasta Salad Green Salad Peaches Dessert	26 BBQ Chicken Potato Salad Raw Veggie Tray Pineapple Cornbread Dessert	27 Teriyaki Beef Oriental Vegetables Asian Coleslaw Mandarin Oranges Garlic Bread Dessert
30 Bacon Mac & Cheese Green Beans Green Salad Tropical Fruit WW Roll 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 pro-			



Entiat Senior Meals September 2019



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Monday	Tuesday	Wednesday	Thursday	Friday
2 	3	4 	5 Chicken Cordon Bleu Wild Rice Trio Vegetables Greek Salad Mixed Melons WW Bread or Roll Dessert	6
9 Chicken Parmesan Garlic Pasta Italian Vegetables Caesar Salad WW Bread or roll Fruit Ambrosia	10	11 	12 Sweet & Sour Meatballs Garden Rice Mixed Vegetables Tossed Salad Pineapple Roll Dessert	13 
16 Spaghetti Caesar Salad Fresh Fruit Tray Garlic Bread Dessert	17 	18	19 Beef Stew Spinach Salad Mixed Fruit Biscuit Dessert	20
23 Roast Beef Potatoes & Gravy Peas Caesar Salad WW Bread or Roll Apple Crisp	24	25	26 BBQ Chicken Potato Salad Raw Veggie Tray Pineapple Cornbread Dessert	27 
30 Bacon Mac & Cheese Green Beans Green Salad Tropical Fruit WW Roll Dessert	volunteer <i>do good, feel good</i>			

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 September 2019



Monday	Tuesday	Wednesday	Thursday	Friday-Manson
2 	3 Chicken Burger Deluxe Potato Salad Fruit Tray Dessert	4 Salisbury Steak Potatoes & Gravy Buttered Peas Cuke & Tomato Salad Mandarin oranges WW Dinner Roll Dessert	5 Chicken Cordon Bleu Wild Rice Trio Vegetables Greek Salad Mixed Melons WW Bread or Roll Dessert	6 Tuna Casserole Peas & Carrots Spinach Salad Garlic Bread Apple Crisp
9 Chicken Parmesan Garlic Pasta Italian Vegetables Caesar Salad WW Bread or roll Fruit Ambrosia	10 Hot Turkey Sandwich Potatoes & Gravy Yams Green Beans Peaches WW Bread Dessert 	11 Taco Salad Southwest Salad Watermelon Tortilla Chips Dessert	12 Sweet & Sour Meatballs Garden Rice Mixed Vegetables Tossed Salad Pineapple Roll Dessert	13 Chicken Fried Steak Potatoes & Gravy Green Beans Garden Salad Pears WW Roll Dessert 
16 Spaghetti Caesar Salad Fresh Fruit Tray Garlic Bread Dessert	17 Chef's Salad Mixed melons WW Roll Cereal Bars	18 Fish & Chips Broccoli Salad Coleslaw Garlic Bread Fruited Jell-O	19 Beef Stew Spinach Salad Mixed Fruit Biscuit Dessert	20 Ham Roasted Sweet Potatoes Green Salad Fresh Fruit Tray WW Bread or Roll Pumpkin Pie
23 Roast Beef Potatoes & Gravy Peas Caesar Salad WW Bread or Roll Apple Crisp	24 Clam Chowder Cottage Cheese Green Salad V-8 Juice Fruit Cup Biscuit Dessert	25 French Dip Veggie Pasta Salad Green Salad Peaches Dessert 	26 BBQ Chicken Potato Salad Raw Veggie Tray Pineapple Cornbread Dessert	27 Teriyaki Beef Oriental Vegetables Asian Coleslaw Mandarin Oranges Garlic Bread Dessert
30 Bacon Mac & Cheese Green Beans Green Salad Tropical Fruit WW Roll 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.	

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 September 2019



Monday	Tuesday	Wednesday	Thursday	Friday
3 CLOSED FOR HOLIDAY LABOR DAY 	4	5 Chicken Cordon Bleu Parsley Potatoes Buttered Corn Greek Salad Oregon Berries Dessert	6	7 SALAD BAR Chef Salad Pickled Beets Apple Slices WW Roll Dessert
10 Roast Beef Potatoes & Gravy Peas Garden Salad WW Bread or Roll Peaches & Ice Cream	11	12 Chicken Parmesan Garlic Pasta Mixed Veggies Caesar Salad WW Bread or Roll Blueberry/Apple Crisp	13	14 Bacon Mac n Cheese Green Beans Green Salad Tropical Fruit WW Roll Dessert
17 Chili with Cheese Green Salad Vegetable Tray Pears Cornbread Dessert	18	19 Spaghetti Caesar Salad Fresh Fruit Tray Garlic Bread Ice Cream 	20	21 Hot Turkey Sandwich Potatoes & Gravy Yams Green Salad Peaches WW Bread Dessert
24 French Dip Veggie Pasta Salad Green Salad Mixed Melons Dessert 	25	26 Ham & Cheese Sandwich Potato Salad Crunchy Pea Salad Mixed Berries Dessert	27	28 Sweet & Sour Pork Rice Oriental Vegetables Asian Style Chicken Tropical Fruit WW Bread Dessert 
WE LOVE OUR VOLUNTEERS		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.		