



Senior Meals

Brewster-Bridgeport-Pateros

July 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Chicken Fettuccine Buttered Peas Spinach Salad Fresh Fruit WW Roll Dessert	3 Deluxe Cheeseburger Coleslaw Melons Dessert	4 	5
8 	9 Baked Fish Herbed Fettuccine Carrots Cabbage Apple Slaw Garlic Bread Mixed Berries Angel Food Cake	10 Sweet & Sour Meatballs Garden Rice Mixed Vegetables Cucumber Salad Tropical Fruit WW Roll Dessert	11 Biscuits & Gravy Sliced Tomatoes Orange Quarters Juice Blueberry Muffin	12
15	16 Beef Stew Garden Salad Peaches Biscuit Dessert	17 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	18 Hamburger Steak with Grilled Onions Potatoes & Gravy Green Beans Tossed Green Salad WW Bread or roll Cherry Crisp	19 
22	23 Fish & Chips Green Beans Garden Salad WW Bread or Roll Dessert	24 Baked Ham Scalloped Potatoes Glazed Carrots Tossed Veggie Salad Pineapple WW Roll Dessert 	25 Beef Stroganoff Peas Cuke & Tomato Salad Fruit Salad WW Bread Dessert	26
29 	30 Veggie Lasagna Garden Salad Waldorf Salad Garlic Bread Dessert	31 Chili over Baked Potato Vegetable Tray Bananas & Strawberries WW Roll Rice Krispy Treats	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	

volunteer
do good, feel good



Chelan Senior Meals

July 2019



Monday	Tuesday	Wednesday	Thursday	Friday-Manson
1 Hungarian Goulash Green Beans Caesar Salad Pears WW Bread Dessert	2 Baked Ham Scalloped Potatoes Snap Peas Tossed Veggie Salad Pineapple Rings WW Bread or Roll Dessert	3 Fish Fillet Sandwich Sweet Potato Fries Coleslaw Watermelon Dessert	4  Happy 4th of July!	5 Deluxe Cheeseburger Potato Salad Melon Dessert
8 Beef Stew Garden Salad Peaches Biscuit Dessert	9 SALAD BAR Chef's Salad - Turkey, Ham, Eggs and Cheese Cottage Cheese Mixed Melons WW Roll Cereal Bars	10 Burger Dip Sandwich Pea Salad Beets Fruit Salad Dessert	11 Chicken Fettuccine Trio Vegetables Caesar Salad Fresh Fruit Roll Dessert	12 Chicken Enchiladas Spanish Rice Cucumber and Watermelon Salad Coleslaw Mandarin Oranges Dessert
15 Baked Fish Herbed Fettuccine Carrots Cabbage Apple Slaw Mixed Berries Garlic Bread Dessert	16 PIZZA Sausage, Peppers and Mushrooms 7 Layer Salad Chilled Pears Dessert	17 Pepper Steak Wild Rice Sour Cream & Cukes Grapes WW Bread or Roll Dessert	18 Turkey Sandwich Summer Squash & Watermelon Salad Waldorf Salad Pumpkin Pie	19 Hot Dog Baked Beans Pea Salad Garden Salad Strawberry & Rhubarb Crisp
22 Spaghetti Caesar Salad Peaches Garlic Bread Dessert	23 Bacon & Swiss Cheese Quiche with Mushrooms Spinach Salad Pea Salad Pineapple & Cherries Muffin	24 BLT Sandwich String Cheese Vegetable Soup Fresh Fruit Tray Dessert	25 Tater Tot Casserole Cottage Cheese Garden Salad Apricots WW Bread or Roll Dessert	26 SALAD BAR Chef's Salad - Turkey, Ham, Eggs and Cheese Cottage Cheese Mixed Melons WW Roll Cereal Bars
29 Clam Chowder Cottage Cheese Carrot Raisin Salad Spiced Salad Watermelon WW Roll Dessert	30 Deluxe Cheeseburger Coleslaw Melon Dessert	31 Veggie Lasagna Garden Salad Waldorf Salad Garlic Bread 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.	

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

24 HOURS IN ADVANCE TO RESERVE OR CANCEL

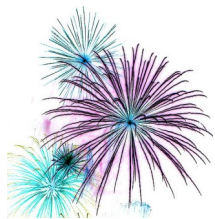


Davenport Senior Meals July 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Deluxe Cheeseburger Coleslaw Melon Dessert	3	4  Happy 4th of July!	5 Baked Fish Herbed Fettuccine Carrots Cabbage Apple Slaw Mixed Berries Garlic Bread Dessert
8 	9 Biscuits & Gravy Sliced Tomatoes Orange Quarters Juice Dessert	10	11 Baked Ham Scalloped Potatoes Snap Peas Tossed Veggie Salad Pineapple WW Bread or Roll Dessert	12 Chili with Cheese 1/2 Baked Potato Vegetable Tray Strawberries & Bananas Cereal Bars
15	16 Tater Tot Casserole Cottage Cheese Garden Salad Peaches WW Bread or Roll Dessert	17 	18 Chicken & Pasta Casserole Spinach Salad Three Bean Salad Mixed Berries Dessert	19 Clam Chowder Cottage cheese Carrot Raisin Salad Spiced Salad Watermelon WW Roll Dessert
22 	23 Country Fried Steak Potatoes & Gravy Green Beans Cucumber Salad Peaches WW Bread or Roll Dessert	24	25 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	26 PIZZA Sausage, cheese, onions, mushrooms, peppers & Olives 7 Layer Salad Waldorf Salad Dessert
29	30 Baked Omelet— Cheese, Mushrooms, Onions & Peppers Zucchini Tomato Bake Broccoli Salad Biscuit Berry Shortcake	31 	Seniors Age 60 & over—suggested do- nation \$4.00 Under age 60—\$8.50 FEE Please call the Nutrition Director for more infor- mation about the Home Delivered Meal program toll-free 844-826-7979	

WE LOVE
OUR VOLUNTEERS



Entiat Senior Meals July 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1 Hungarian Goulash Green Beans Caesar Salad Pears WW Bread Dessert	2	3	4 	5
8 Beef Stew Garden Salad Peaches Biscuit Dessert	9 	10	11 Chicken Fettuccine Trio Vegetables Caesar Salad Fresh Fruit Roll Dessert	12
15 Baked Fish Herbed Fettuccine Carrots Cabbage Apple Slaw Mixed Berries Garlic Bread Dessert	16	17	18 Turkey Sandwich Summer Squash & Watermelon Salad Waldorf Salad Pumpkin Pie	19 
22 Spaghetti Caesar Salad Peaches Garlic Bread Dessert	23 	24	25 Tater Tot Casserole Cottage Cheese Garden Salad Apricots WW Bread or Roll Dessert	26
29 Clam Chowder Cottage Cheese Carrot Raisin Salad Spiced Salad Watermelon WW Roll Dessert	30	31 		

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



Harrington Senior Meals July 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 Deluxe Cheeseburger Coleslaw Melon Dessert	3	4 	5 Baked Fish Herbed Fettuccine Carrots Cabbage Apple Slaw Mixed Berries Garlic Bread Dessert
8	9 Biscuits & Gravy Sliced Tomatoes Orange Quarters Juice Dessert	10 	11 Baked Ham Scalloped Potatoes Snap Peas Tossed Veggie Salad Pineapple WW Bread or Roll Dessert	12 Chili with Cheese 1/2 Baked Potato Vegetable Tray Strawberries & Bananas Cereal Bars
15	16 Tater Tot Casserole Cottage Cheese Garden Salad Peaches WW Bread or Roll Dessert	17	18 Chicken & Pasta Casserole Spinach Salad Three Bean Salad Mixed Berries Dessert	19 Clam Chowder Cottage cheese Carrot Raisin Salad Spiced Salad Watermelon WW Roll Dessert 
22 	23 Country Fried Steak Potatoes & Gravy Green Beans Cucumber Salad Peaches WW Bread or Roll Dessert	24	25 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	26 PIZZA Sausage, cheese, onions, mushrooms, peppers & Ol- ives 7 Layer Salad Waldorf Salad Dessert
29	30 Baked Omelet— Cheese, Mushrooms, Onions & Peppers Zucchini Tomato Bake Broccoli Salad Biscuit Berry Shortcake	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	

Volunteer Opportunities

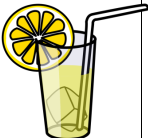


Leavenworth Senior Meals

July 2019



24 HOURS IN ADVANCE TO RESERVE OR CANCEL

Monday	Tuesday	Wednesday	Thursday	Friday
1 Beef Stroganoff Green Beans Greek Salad WW Bread or Roll Dessert	2 Chicken Chop Suey Rice Tossed Veggie Salad Tropical Fruit Egg Roll Dessert	3 Hot Dog Baked Beans Pea Salad Garden Salad Strawberry Rhubarb Crisp	4  Happy 4th of July!	5 Spaghetti Caesar Salad Peaches Garlic Bread Dessert
8 Hungarian Goulash Peas Spinach Salad Pears WW Bread Dessert 	9 Country Fried Steak Potatoes & Gravy Trio Veggies Mixed Greens Salad Peaches WW Bread or Roll Dessert	10 Baked Ham Scalloped Potatoes Glazed Carrots Tossed Veggie Salad Pineapple WW Bread or Roll Dessert	11 Tater Tot Casserole Garden Salad Cinnamon Pears WW Bread or Roll Dessert	12 Chicken Enchiladas Spanish Rice Coleslaw Cucumber & Watermelon Salad Mandarin Oranges Dessert
15 Clam Chowder Cottage Cheese Carrot Raisin Salad Spiced Salad Watermelon WW Roll Dessert	16 Hamburger Steak with Grilled Onions Potatoes & Gravy Green Beans Tossed Green Salad WW Bread or Roll Fruit Crisp	17 Baked Fish Herbed Fettuccine Broccoli Cuke & Tomato Salad Mixed Berries Garlic Bread Angel Food Cake	18 Chef's Salad Macaroni Salad Pea Salad Mixed Melons WW Roll Dessert 	19 PIZZA! Ham & Pineapple OR Supreme Style Pizza 7 Layer Salad Waldorf Salad Bread Sticks Dessert
22 Bacon, Swiss Cheese & Mushroom Quiche Pea Salad Spinach Salad Pea Salad Pineapple & Cherries Muffin	23 Tacos & Refried Beans Spanish Rice Southwest Salad Sliced peaches Dessert	24 Turkey & Cheese Sandwich Summer Squash & Watermelon Salad Waldorf Salad Pumpkin Pie	25 Teriyaki Beef Stir Fry Vegetables Garden Salad WW Roll Fruit Cobbler	26 Deluxe Cheeseburger Coleslaw Melons Dessert 
29 Sweet & Sour Meatballs Garden Rice Mixed Vegetables Cucumber Salad Tropical Fruit Mix Roll Dessert	30 Shepherd's Pie Garden Salad Fresh Fruit Tray WW Bread or Roll Dessert	31 Chicken Caesar Wrap Pasta Salad Marinated Vegetables Melon Slice Dessert 		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

Seniors Age 60 & over—suggested donation \$4.00

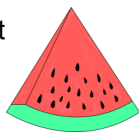
Under age 60—\$8.50 FEE

Please call 509-548-6666 for more information about the Home Delivered Meal program.



Manson Senior Meals July 2019



Monday	Tuesday	Wednesday	Thursday	Friday-Manson
1 Hungarian Goulash Green Beans Caesar Salad Pears WW Bread Dessert	2 Baked Ham Scalloped Potatoes Snap Peas Tossed Veggie Salad Pineapple Rings WW Bread or Roll Dessert	3 Fish Fillet Sandwich Sweet Potato Fries Coleslaw Watermelon Dessert	4  Happy 4th of July!	5 Deluxe Cheeseburger Potato Salad Melon Dessert 
8 Beef Stew Garden Salad Peaches Biscuit Dessert	9 SALAD BAR Chef's Salad - Turkey, Ham, Eggs and Cheese Cottage Cheese Mixed Melons WW Roll Cereal Bars	10 Burger Dip Sandwich Pea Salad Beets Fruit Salad Dessert 	11 Chicken Fettuccine Trio Vegetables Caesar Salad Fresh Fruit Roll Dessert	12 Chicken Enchiladas Spanish Rice Cucumber and Water- melon Salad Coleslaw Mandarin Oranges Dessert
15 Baked Fish Herbed Fettuccine Carrots Cabbage Apple Slaw Mixed Berries Garlic Bread Dessert	16 PIZZA Sausage, Peppers and Mushrooms 7 Layer Salad Chilled Pears Dessert	17 Pepper Steak Wild Rice Sour Cream & Cukes Grapes WW Bread or Roll Dessert	18 Turkey Sandwich Summer Squash & Watermelon Salad Waldorf Salad Pumpkin Pie	19 Hot Dog Baked Beans Pea Salad Garden Salad Strawberry & Rhubarb Crisp 
22 Spaghetti Caesar Salad Peaches Garlic Bread Dessert	23 Bacon & Swiss Cheese Quiche with Mushrooms Spinach Salad Pea Salad Pineapple & Cherries Muffin	24 BLT Sandwich String Cheese Vegetable Soup Fresh Fruit Tray Dessert	25 Tater Tot Casserole Cottage Cheese Garden Salad Apricots WW Bread or Roll Dessert	26 SALAD BAR Chef's Salad - Turkey, Ham, Eggs and Cheese Cottage Cheese Mixed Melons WW Roll Cereal Bars 
29 Clam Chowder Cottage Cheese Carrot Raisin Salad Spiced Salad Watermelon WW Roll Dessert	30 Deluxe Cheeseburger Coleslaw Melon Dessert 	31 Veggie Lasagna Garden Salad Waldorf Salad Garlic Bread 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



Odessa Senior Meals July 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Fettuccine Buttered Peas Garden Salad Fresh Fruit Dessert	2 	3 Deluxe Cheeseburger Coleslaw Melon Dessert	4 	5
8 Chili with Cheese 1/2 Baked Potato Vegetable Tray Strawberries & Bananas Cornbread Cereal Bars	9 	10 Pork Stir Fry Rice Asian Style Slaw Mandarin Oranges Egg Roll Fortune Cookies	11 Tater Tot Casserole Garden Salad Peaches WW Bread or Roll Dessert	12
15 Pepper Steak Wild Rice Sour Cream & Cucumbers Grapes WW Bread or Roll Dessert	16	17 Baked Ham Scalloped Potatoes Sugar Snap Peas Tossed Veggie Salad Pineapple WW Roll Dessert	18 Turkey Sandwich Summer Squash & Watermelon Salad Waldorf Salad Pumpkin Pie	19 
22 Teriyaki Beef over Rice Stir Fry Vegetables Garden Salad Berry Crisp	23	24 Spaghetti & Meat Sauced Caesar Salad Peaches Garlic Bread Dessert	25 Chef's Salad 3 Bean Salad Mixed Melons WW Roll Oatmeal Cookies	26
29 Burger Dip Sandwich Pickled Beets Tossed Green Salad Fruit Salad Dessert	30 	31 Baked Fish Herbed Fettuccine Carrots Cabbage & Apple Slaw Mixed Berries Garlic Bread 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	



Omak-Okanogan Senior Meals July 2019



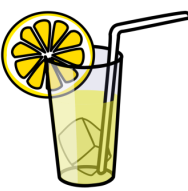
Okanogan	Omak	Okanogan	Okanogan—9am	Omak
Monday	Tuesday	Wednesday	Thursday	Friday
1 PIZZA! Pepperoni, Olives, Onions & Peppers 7 Layer Salad Mixed Fruit Ice Cream	2 Chicken Enchiladas Spanish Rice Refried Beans Summer Squash & Watermelon Salad Mandarin Oranges Dessert	3 Deluxe Cheeseburger Coleslaw Melon Dessert	4 	5 Hot Dog Baked Beans Pea Salad 49'er Chopped Salad Strawberry & Rhubarb Crisp
8 Pepper Steak Wild Rice Spinach Salad Grapes Egg Roll Dessert	9 Veggie Lasagna Garden Salad Waldorf Salad Garlic Bread Dessert 	10 BLT Sandwich Cottage Cheese Home Fries Fresh Fruit Tray Dessert	11 Biscuits & Gravy Sliced Tomatoes Orange Quarters Juice	12 Clam Chowder Carrot Raisin Salad Spiced Salad Watermelon Cheesy Garlic Bread Dessert
15 Tater Tot Casserole Cottage Cheese Garden Salad Peaches WW Bread or Roll Dessert	16 Baked Ham Mac n Cheese Peas Tossed Veggie Salad Pineapple WW Roll Dessert	17 Chicken Stir Fry Rice Asian Style Slaw Mandarin Oranges Egg Roll Fortune Cookies	18 Breakfast Burrito (ham, egg, cheese & potato) Fresh Salsa Juice Fresh Fruit 	19 Chili with Cheese 1/2 Baked Potato Vegetable Tray Strawberries & Bananas WW Bread Cereal Bars
22 Teriyaki Beef on Rice Stir Fry Vegetables Garden Salad WW Roll Berry Crisp 	23 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	24 Burger Dip Sandwich Sweet Potato Fries Crunchy Pea Salad Dessert	25 Bacon & Cheddar Quiche Hash Brown Potatoes Juice Pineapple & Cherries Muffin	26 Turkey Sandwich Cuke Watermelon Salad Waldorf Salad Pumpkin Pie 
29 Chicken Florentine Wild Rice Caesar Salad Mixed Berries WW Roll Dessert	30 Tacos Spanish Rice Southwest Salad Cinnamon Pears Dessert	31 Country Fried Steak Potatoes & Gravy Green Beans Carrot Raisin Salad Peaches WW Roll Dessert	Seniors Age 60 & over suggested donation \$4.00 Under age 60—\$8.50 FEE For Home Delivered Meals please call 509-826-7979	

Volunteer Opportunities



Oroville Senior Meals July 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1	2 BLT Sandwich Cottage Cheese Vegetable Soup Fresh Fruit Tray Dessert	3	4  Happy 4th of July!	5 Bacon, Swiss & Mushroom Quiche Roasted Veggies Garden Salad Pineapple & Cherries Muffin
8 	9 Country Fried Steak Potatoes & Gravy Green Beans Carrot Raisin Salad Peaches WW Bread or Roll Dessert	10	11 Deluxe Cheeseburger Sweet Potato Fries Coleslaw Melon Dessert	12 Baked Fish Herbed Fettuccine Carrots Cabbage Apple Slaw Mixed Berries Garlic Bread Angel Food Cake
15	16 Shepherd's Pie 7 Layer Salad Fresh Fruit Tray WW Bread or Roll Dessert	17 	18 Pizza—Various Styles Caesar Salad Mandarin Oranges Bread Sticks Dessert	19 Turkey Sandwich with Cream Cheese & Cranberries Crunchy Pea Salad Waldorf Salad Pumpkin Pie
22 	23 Tacos Refried Beans Spanish Rice Fiesta Salad Cinnamon Pears Dessert	24	25 Veggie Lasagna Garden Salad Fruit Salad Garlic Bread Dessert	26 Sweet & Sour Meatballs Garden Rice Mixed Vegetables Caesar Salad Tropical Fruit Salad WW Roll Dessert
29	30 Fish & Chips Green Beans Coleslaw Citrus Salad WW Bread or 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 476-2412	



Tonasket Senior Meals July 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1 Chef's Salad Pasta Salad Broccoli Salad Mixed Melons Bread Sticks Dessert	2	3 Turkey Club Pizza Caesar Salad Cucumber Salad Grapes Garlic Knots Root Beer Floats	4 	5
8 Tacos Refried Beans Spanish Rice Southwest Salad Watermelon Sopapilla Cheesecake	9	10 Baked Ham Scalloped Potatoes Peas Tossed Salad WW Bread or Roll Fruited Jell-O	11 Biscuits & Gravy V-8 Juice Carrot Raisin Salad Apple Crisp	12 
15 Chicken Fettuccine Alfredo Buttered Peas Greek Salad Fresh Fruit Garlic Bread Spice Cake	16 	17 Chili with Cheese 1/2 Baked Potato Garden Salad Pickled Beets Oregon Berries WW Bread Dessert	18 Pork Stir Fry Rice Asian Style Slaw Mandarin Oranges Egg Roll Dessert	19
22 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	23	24 Baked Fish Wild Rice Mixed Veggies Cabbage Apple Slaw Bread Sticks Berry Cobbler	25 Hot Dogs Baked Beans Pea Salad Garden Salad Fruited Jell-O	26 
29 Beef Stroganoff Peas Carrot Salad Fruit Salad WW Roll Dessert	30	31 Bacon, Swiss & Mushroom Quiche V-8 Juice Broccoli Salad Pineapple & Cherries Muffin	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	



Twisp Senior Meals July 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1 Hungarian Goulash Green Beans Caesar Salad WW Bread Dessert	2 	3	4 	5 Chicken Fettuccine Buttered Peas Garden Salad Fresh Fruit Roll Dessert
8 Veggie Lasagna Garden Salad Waldorf Salad Garlic Bread Dessert	9 	10	11 Chicken Enchiladas Spanish Rice Coleslaw Cucumber & Watermelon Salad Mandarin Oranges Dessert	12 Chili with Cheese 1/2 Baked Potato Vegetable Tray Strawberries & Bananas WW Bread Cereal Bars
15 Baked Ham Scalloped Potatoes Snap Peas Tossed Veggie Salad Pineapple Slices WW Bread or Roll Dessert	16	17	18 Biscuits & Country Gravy Scrambled Eggs Sliced Tomatoes Orange Quarters Juice Dessert	19 Clam Chowder Cottage Cheese Carrot Raisin Salad Spiced Salad Watermelon WW Roll Dessert
22 Beef Stroganoff Green Beans Carrot Salad Fruit Salad WW Bread or Roll Dessert	23	24 	25 Shepherd's Pie Garden Salad Fresh Fruit Tray WW Bread or Roll Dessert	26 Bacon & Swiss Quiche with Mushrooms Pea Salad Spinach Salad Pineapple & Cherries Muffin
29 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	30 	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

July 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Chicken Enchiladas Spanish Rice Coleslaw Cucumber & Melon Salad Mandarin Oranges Dessert	3 Hot Dog Baked Beans Pea Salad Garden Salad Strawberry & Rhubarb Crisp	4 	5
8	9 Pork Stir Fry Rice Tossed Veggie Salad Mandarin Oranges Egg Roll Fortune Cookies	10 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	11 Turkey Sandwich Summer Squash & Watermelon Salad Waldorf Salad Pumpkin Pie	12
15 	16 Hamburger Steak with Grilled Onions Potatoes & Gravy Green Beans Tossed Green Salad WW Bread Cherry Crisp	17 Chef's Salad Pea Salad Mixed Melons Garlic Bread Cereal Bars	18 Fish & Chips Peas Coleslaw Peaches WW Roll Dessert	19
22	23 Chicken Fettuccine Buttered Peas Garden Salad Fresh Fruit Garlic Bread Dessert	24 Chili with Cheese 1/2 Baked Potato Vegetable Tray Strawberries & Bananas Cornbread Oatmeal Cookies	25 Baked Ham Scalloped Potatoes Glazed Carrots Tossed Veggie Salad Pineapple Slices WW Bread or Roll Dessert	26 
29 	30 Tacos & Refried Beans Spanish Rice Southwest Salad Cinnamon Pears Dessert	31 Baked Fish Herbed Fettuccine Carrots Cabbage & Apple Slaw Mixed Berries Garlic Bread 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