



# Senior Meals

## Brewster-Bridgeport-Pateros

### September 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> 	<p>3</p> <p>Salmon with Dill Sauce Rosemary Potatoes Sugar Snap Peas Broccoli Salad Tropical Fruit WW Roll Dessert</p>	<p>4</p> <p>Veggie Lasagna Garden Salad Waldorf Salad Garlic Bread Dessert</p>	<p>5</p> <p>Hot Dogs Baked Beans Carrots Summer Squash &amp; Watermelon Salad Apple Slices Dessert</p>	<p>6</p> 
<p>9</p>	<p>10</p> <p>Tuna Casserole Peas &amp; Carrots Spinach Salad Garlic Bread Apple Crisp</p>	<p>11</p> <p>BBQ Chicken Potato Salad 3 Bean Salad Pineapple Cornbread Cereal Bars</p> 	<p>12</p> <p>Chicken Cordon Bleu Wild Rice Capri Vegetables Greek Salad Mixed Melons WW Bread or Roll Dessert</p>	<p>13</p>
<p>16</p>	<p>17</p> <p>Teriyaki Beef over Rice Oriental Vegetables Asian Style Slaw Mandarin Oranges Garlic Bread Dessert</p>	<p>18</p> <p>Bacon Mac &amp; Cheese Green Beans Green Salad Tropical Fruit WW Roll Dessert</p>	<p>19</p> <p>Turkey Pot Pie Cottage Cheese 49'er Chopped Salad WW Bread Fruited Jell-O</p>	<p>20</p>
<p>23</p> 	<p>24</p> <p>Beef Stew Spinach Salad Mixed Fruit Biscuit Dessert</p>	<p>25</p> <p>Chicken Parmesan Garlic Pasta Italian Vegetables Caesar Salad WW Bread or Roll Fruit Ambrosia</p>	<p>26</p> <p>Salisbury Steak Potatoes &amp; Gravy Buttered Peas Cuke &amp; Tomato Salad Mandarin Oranges WW Roll Dessert</p>	<p>27</p>
<p>30</p>	<p style="font-size: 2em; color: blue;">WE LOVE</p> <p style="font-size: 2em; color: orange;">OUR VOLUNTEERS</p>			

**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



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# Omak-Okanogan Senior Meals September 2019



Okanogan

Omak

Okanogan

Omak

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>LABOR DAY</b></p>	<p>3</p> <p>Sloppy Joe's Green Beans Summer Squash &amp; Watermelon Salad Waldorf Salad Dessert</p>	<p>4</p> <p>BBQ Chicken Baked Beans Macaroni Salad Spinach Salad Sliced Pears Cornbread Dessert</p>	<p>5</p> <p>Biscuits &amp; Gravy Scrambled Eggs Oven Brown Potatoes Fresh Fruit Juice</p>	<p>6</p> <p>Sweet &amp; Sour Meatballs Garden Rice Mixed Vegetables Tossed Green Salad Pineapple Roll Dessert</p>
<p>9</p> <p>Chicken Cordon Bleu Wild Rice Buttered Peas Greek Salad Mixed Melons WW Bread or Roll Dessert</p>	<p>10</p> <p>French Dip Veggie Pasta Salad Green Salad Peaches Dessert</p>	<p>11</p> <p>Brats &amp; Sauerkraut Mixed Vegetables Oregon Berries Dessert</p>	<p>12</p> <p>Bacon &amp; Eggs Hash Brown Potatoes Fresh Fruit Scones Juice</p>	<p>13</p> <p>Salmon with Dill Sauce Rice Pilaf Sugar Snap Peas Broccoli Salad Tropical Fruit Garlic Bread Dessert</p>
<p>16</p> <p>Chicken Fried Steak Potatoes &amp; Gravy Green Beans Garden Salad Peaches WW Roll Dessert</p>	<p>17</p> <p>Pulled Pork Sandwich Sweet Potato Fries Coleslaw Fruit Tray Dessert</p>	<p>18</p> <p>Spaghetti Caesar Salad Fresh Fruit Tray Garlic Bread Dessert</p>	<p>19</p> <p>Scrambled Eggs Sausage Hash Browns Fresh Fruit French Toast Juice</p>	<p>20 SALAD BAR</p> <p>Chef Salad Macaroni Salad Pickled Beets WW Roll Fruited Jell-O</p>
<p>23</p> <p>Teriyaki Beef over Rice Oriental Vegetables Asian Coleslaw Mandarin Oranges Garlic Bread Dessert</p>	<p>24</p> <p>Turkey Pot Pie Cottage Cheese Garden Salad WW Roll Pear Crisp</p>	<p>25</p> <p>Baked Chicken Pasta Zucchini Tomato Bake Tossed Salad Pineapple WW Bread Dessert</p>	<p>26</p> <p>Breakfast Scramble (Ham, egg, cheese and potato) Sliced Tomatoes Fresh Fruit Muffin</p>	<p>27</p> <p>Clam Chowder Cottage Cheese Green Salad V-8 Juice Mixed Fruit Cheesy Garlic Bread Dessert</p>
<p>30</p> <p>Chili with Cheese Green Salad Vegetable Tray Pears Cornbread Dessert</p>	<p>shutterstock - 276993557</p>	<p>Seniors Age 60 &amp; over suggested donation \$4.00 Under age 60—\$8.50 FEE For Home Delivered Meals please call 509-826-7979</p>		



# Oroville Senior Meals September 2019



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Monday	Tuesday	Wednesday	Thursday	Friday
2  <b>LABOR DAY</b> 	3 Crunchy Chicken Salad Sandwich Veggie Pasta Salad Mixed Melons Dessert	4	5 Bacon Mac & Cheese Green Beans Tossed Salad Tropical Fruit WW Roll Dessert	6 Baked Fish 1/2 Baked Potato Capri Vegetables Coleslaw Tropical Fruit WW Bread or Roll Dessert
9	10 Taco Salad Spanish Rice Mexican Style Slaw Watermelon Tortilla Chips Dessert	11  	12 Sloppy Joe's Green Beans Fiesta Salad Waldorf Salad Dessert	13 Tuna Noodle Casserole Carrots Mixed Greens Salad Garlic Bread Apple Crisp  
16  	17 Chicken Fried Steak Potatoes & Gravy Green Beans Garden Salad Peaches WW Roll Dessert	18	19 BBQ Chicken Potato Salad Roasted Veggies Pineapple Cornbread Dessert  	20 Fish & Chips Crunchy Pea Salad Coleslaw Fruited Jell-O
23	24 White Bean Chicken Chili Green Salad Fresh Salsa Pears Tortilla Chips Cornbread Dessert	25	26 Chicken Parmesan Garlic Pasta Italian Vegetables Caesar Salad WW Bread or Roll Fruit Ambrosia	27 Salmon with Dill Sauce Wild Rice Peas Coleslaw Tropical Fruit Garlic Bread Dessert
30  			<p align="center"><b>Seniors Age 60 &amp; over—suggested donation \$4.00</b></p> <p align="center"><b>Under age 60—\$8.50 FEE</b></p> <p align="center">Please call the Site Director for more information about the Home Delivered Meal program at 476-2412</p>	



# Twisp Senior Meals September 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2 	3	4	5 Chicken Fried Steak Potatoes & Gravy Green Beans Garden Salad Peaches WW Roll Dessert	6 Salmon with Dill Sauce Rosemary Potatoes Snap Peas Broccoli Salad Tropical Fruit Garlic Bread Dessert 
9 Chicken Cordon Bleu Wild Rice Glazed Carrots Greek Salad Mixed Melons WW Bread or Roll Dessert	10 	11	12 Veggie Lasagna Garden Salad Waldorf Salad Garlic Bread Dessert	13 Baked Fish Garlic & Red Pepper Penne Pasta Roasted Zucchini Cabbage Apple Slaw Tropical Fruit WW Bread or Roll Dessert
16 Spaghetti & Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert	17	18	19 Beef Stew Spinach Salad Mixed Fruit Biscuit Rice Krispy Bar	20 Hot Turkey Sandwich Potatoes & Gravy Peas Tossed Salad Peaches WW Roll Dessert
23 Bacon Mac & Cheese Green Beans Green Salad Tropical Fruit WW Roll Dessert	24 	25	26 Ham & Cheese Sandwich Potato Salad Pea Salad Waldorf Salad Carrot Cake	27 Roast Beef Potatoes & Gravy Normandy Veggies Caesar Salad WW Bread or Roll Apple Crisp
30 Sloppy Joe Green Beans Squash & Melon Salad Fruit Salad Dessert			<p><b>Seniors Age 60 &amp; over—suggested donation \$4.00</b></p> <p><b>Under age 60—\$8.50 FEE</b></p> <p>Please call the Site Director for more information about the Home Delivered Meal program at 997-7722</p>	





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# Tonasket Senior Meals September 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2  <b>LABOR DAY</b>	3	4 Chicken Burger Deluxe Potato Salad Fruit Tray Dessert	5 Bacon Mac & Cheese Peas Green Salad Strawberries & Bananas Bread Sticks Dessert	6 
9 Turkey Pot Pie Cottage Cheese Garden Salad Cornbread Pear Crisp	10	11 Salmon with Dill Sauce Rosemary Potatoes Mixed Vegetables Tossed Salad Tropical Fruit Garlic Bread Dessert 	12 Sloppy Joe's Crunchy Pea Salad Three Bean Salad Waldorf Salad Dessert	13
16 Chicken Cordon Bleu Herbed Pasta Zucchini Greek Salad Mixed Melons Bread Sticks Dessert	17	18 French Dip Veggie Pasta Salad Garden Salad Peaches Dessert	19 Ham Sweet Potatoes Mixed Vegetables Green Salad Fresh Fruit Tray WW Bread Dessert	20
23 Fall Vegetable Soup 1/2 Ham Sandwich Pasta Veggie Salad Fruit Salad Dessert	24	25 Chef's Salad Macaroni Salad Pickled Beets Cheesy Biscuits Blueberry Pudding Parfait	26 Roast Beef Potatoes & Gravy Glazed Carrots Caesar Salad WW Bread or Roll Apple Crisp	27 
30 Chili Green Salad Carrot Raisin Salad Pears Cornbread Dessert				

**VOLUNTEERS  
NEEDED!**

**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