

Senior Meals
Brewster-Bridgeport-Pateros
April 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 Lentil Veggie Soup Cottage Cheese 7 Layer Salad Citrus Salad Whole Grain Crackers Cornbread Dessert	3 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	4 Honey Mustard Chicken Brown Rice Mixed Vegetables Coleslaw Tropical Fruit WW Roll Dessert	5
8	9 Egg Salad Sandwich Minestrone Soup Tossed Salad Oregon Berries Pound Cake	10 Meatloaf & Gravy Mashed Potatoes Spinach Salad Chilled Pears Bran Muffin Cereal Bar Cookie	11 Tuna Noodle Casserole Peas & Carrots Garden Salad Orange Quarters WW Bread or Roll Dessert	
15 	16 1/2 Ham & Cheese Sandwich Corn Chowder Tossed Salad Apple Crisp	17 Chili with Cheese Garden Salad Fresh Vegetable Tray Peaches Cornbread Dessert	18 Pork Roast Stuffing & Gravy Baked Squash Greek Salad Applesauce WW Bread or Roll Dessert	19
22	23 Chicken Fettuccine Asparagus Spinach Salad Mixed Berries WW Roll Dessert	24 Yankee Pot Roast Red Potatoes Roasted Carrots Mixed Greens Salad Peaches WW Bread or Roll Dessert	25 Oven Fried Chicken Sweet Potato Fries Creamed Peas Cuke & Tomato Salad Grapes Biscuit Dessert	26 
29 	30 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Sticks Dessert			

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do good, feel good

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
April 2019

PLEASE CALL 24 HOURS IN ADVANCE TO RESERVE OR CANCEL



Monday	Tuesday	Wednesday	Thursday	Friday-Manson
1 Meatloaf Potatoes & Gravy Asparagus Spinach Salad Chilled Pears Bran Muffin Dessert	2 Tuna Noodle Casserole Peas & Carrots 49'er Chopped Salad Peaches WW Bread or roll Dessert	**3** Egg Salad Sandwich Minestrone Soup Tossed Salad Oregon Berries Dessert	4 Broccoli Chicken Bake Herbed Noodles Garden Salad Waldorf Salad Focaccia Bread Dessert	5 Chicken Caesar Wrap Tortellini Soup Apples & Grapes Dessert
8 Chili with Cheese 1/2 Baked Potato Garden Salad Fresh Veggie Tray Peaches Cornbread Dessert	9 Honey Mustard Chicken Brown Rice Mixed Vegetables Coleslaw Tropical Fruit WW Roll Dessert	10 Yankee Pot Roast Red Potatoes Roasted Carrots Mixed Greens Salad Blueberries WW Bread or Roll Dessert	11 Pasta Primavera with Ham Tossed Green Salad Pineapple Bread Sticks Dessert	12 Beef Stew Green Salad Peaches Biscuit Dessert
15 Chicken Pot Pie Green Salad Apricots French Bread Dessert	16 Meat & Spinach Wrap Garden Salad Banana Corn Chips Dessert	17 Spaghetti & Meat Sauce Caesar Salad Waldorf Salad Garlic Bread Dessert	18 Sweet & Sour Chicken Garden Rice Oriental Vegetables Coleslaw Mandarin Oranges WW Roll Dessert	19 Tater Tot Casserole Cottage Cheese Carrot/Raisin Salad Peaches WW Bread or Roll Dessert
22 Beef Stroganoff Green Beans Tossed Green Salad Strawberries & Bananas WW Bread or Roll Dessert	23 Oven Fried Chicken Sweet Potato Fries Creamed Peas Cuke & Tomato Salad Grapes Biscuit Dessert	24 Pork Chops Au Gratin Potatoes Asparagus Mixed Greens Salad Applesauce French Bread Dessert	25 Three Bean Casserole Carrots Garden Salad Fresh Fruit Cornbread Dessert	26 Chicken Fettuccine Asparagus Spinach Salad Mixed Berries WW Roll Dessert
29 Yakisoba Stir Fry Veggies Asian Style Slaw Mandarin Oranges WW Bread or Roll Dessert	30 Bacon, Broccoli & Swiss Cheese Quiche Spinach Salad Fruit Tray Blueberry Muffin	VOLUNTEER MAKE A DIFFERENCE		

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!
Chelan 888-4440
Manson 687-3377



Davenport Senior Meals April 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 Chicken Fried Steak Potatoes & Gravy Asparagus Tossed Green Salad Biscuit Apricot Crisp	**3**	4 Oven Fried Chicken Sweet Potato Fries Creamed Peas Cuke & Tomato Salad Grapes WW Roll Dessert	5 Egg Salad Sandwich Minestrone Soup Tossed Salad Oregon Berries Ice Cream 
8	9 Pork Roast & Gravy Mashed Potatoes Baked Squash Greek Salad Applesauce WW Bread or Roll Dessert	10 	11 Beef Stew Green Salad Peaches Biscuit Dessert	12 1/2 Ham Sandwich Split Pea Soup Three Bean Salad Garden Salad Pineapple Whole Grain Crackers Dessert
15 	16 Beef Stroganoff Green Beans Tossed Salad Strawberries & Bananas WW Bread or Roll Dessert	17	18 Pork Chops Au Gratin Potatoes Peas 49'er Chopped Salad Applesauce Biscuit w/Chives Dessert	19 Lemon Baked Fish Oven Brown Potatoes Glazed Carrots Coleslaw Peaches Cornbread Jell-O
22	23 Tater Tot Casserole Cottage Cheese Carrot/Raisin Salad Peaches WW Bread Dessert	24 	25 Tuna Noodle Casserole Peas & Carrots Garden Salad Blueberries WW Bread or Roll Dessert	26 Bacon, Broccoli & Swiss Cheese Quiche Spinach Salad Fruit Tray Blueberry Muffin
29 	30 Honey Mustard Chicken Brown Rice Mixed Vegetables Coleslaw Tropical Fruit WW Roll 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





Entiat Senior Meals
April 2019



PLEASE CALL 24 HOURS IN ADVANCE TO RESERVE OR CANCEL

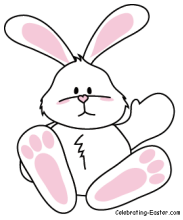
Monday	Tuesday	Wednesday	Thursday	Friday
1 Meatloaf Potatoes & Gravy Asparagus Spinach Salad Chilled Pears Bran Muffin	2	**3** 	4 Broccoli Chicken Bake Herbed Noodles Garden Salad Waldorf Salad Focaccia Bread Dessert	5
8 Chili with Cheese 1/2 Baked Potato Garden Salad Fresh Veggie Tray Peaches Cornbread Dessert	9	10	11 Pasta Primavera with Ham Tossed Green Salad Pineapple Bread Sticks Dessert	
15 Chicken Pot Pie Green Salad Apricots French Bread Dessert	16 	17	18 Sweet & Sour Chicken Garden Rice Oriental Vegetables Coleslaw Mandarin Oranges WW Roll Dessert	19
22 Beef Stroganoff Green Beans Tossed Green Salad Strawberries & Bananas WW Bread or Roll Dessert	23	24	25 Three Bean Casserole Carrots Garden Salad Fresh Fruit Cornbread Dessert	26 
29 Yakisoba Stir Fry Veggies Asian Style Slaw Mandarin Oranges WW Bread or Roll Dessert	30 			

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 509-421-1593



Harrington Senior Meals April 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1  	2 Chicken Fried Steak Potatoes & Gravy Asparagus Tossed Green Salad Biscuit Apricot Crisp	**3**	4 Oven Fried Chicken Sweet Potato Fries Creamed Peas Cuke & Tomato Salad Grapes WW Roll Dessert	5 Egg Salad Sand-wich Minestrone Soup Tossed Salad Oregon Berries Ice Cream
8	9 Pork Roast & Gravy Mashed Potatoes Baked Squash Greek Salad Applesauce WW Bread or Roll Dessert	10 	11 Beef Stew Green Salad Peaches Biscuit Dessert	12 1/2 Ham Sand-wich Split Pea Soup Three Bean Salad Garden Salad Pineapple Whole Grain
15	16 Beef Stroganoff Green Beans Tossed Salad Strawberries & Bananas WW Bread or Roll Dessert	17	18 Pork Chops Au Gratin Potatoes Peas 49'er Chopped Salad Applesauce Biscuit w/Chives Dessert	19 Lemon Baked Fish Oven Brown Po-tatoes Glazed Carrots Coleslaw Peaches
22 	23 Tater Tot Casserole Cottage Cheese Carrot/Raisin Salad Peaches WW Bread Dessert	24 	25 Tuna Noodle Casse-role Peas & Carrots Garden Salad Blueberries WW Bread or Roll Dessert	26 Bacon, Broccoli & Swiss Cheese Quiche Spinach Salad Fruit Tray Blueberry Muffin
29	30 Honey Mustard Chicken Brown Rice Mixed Vegetables Coleslaw Tropical Fruit WW Roll 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





Leavenworth Senior Meals
April 2019



PLEASE CALL 24 HOURS IN ADVANCE TO RESERVE OR CANCEL

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Pot Pie Green Salad Apricots French Bread Dessert	2 Tater Tot Casserole Cottage Cheese Carrot & Raisin Salad Peaches WW Bread or Roll Dessert	3 Oven Fried Chicken Sweet Potato Fries Creamed Peas Cuke & Tomato Salad Grapes Biscuit Dessert	4 Bacon, Broccoli & Swiss Cheese Quiche Caesar Salad Fruit Tray Blueberry Muffin	5 Chicken & Wild Rice Casserole California Veggies Spinach Salad Apple Celery Salad WW Roll Dessert
8 Broccoli Chicken Bake Herbed Noodles Garden Salad Waldorf Salad Focaccia Bread Dessert	9 Yankee Pot Roast Red Potatoes Roasted Carrots Mixed Greens Salad Blueberries WW Bread or Roll Dessert	10 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Sticks Dessert	11 Baked Honey Mustard Chicken Brown Rice Mixed Vegetables Coleslaw Tropical Fruit WW Roll Dessert	12 Egg Salad Sandwich Minestrone Soup Tossed Salad Oregon Berries Angel Food Cake
15 Italian Rice & Beef Caesar Salad Cinnamon Pears WW Roll Dessert	16 White Bean & Chicken Chili Spinach Salad Peaches Corn Chips WW Roll Dessert	17 Meatloaf Potatoes & Gravy Peas Tossed Salad Fruit Cup Bran Muffin Dessert	18 Lemon Baked Fish Oven Brown Potatoes Glazed Carrots Coleslaw Pineapple Cornbread Dessert	19 Sweet & Sour Chicken Garden Rice Oriental Vegetables Asian Slaw Mandarin Oranges Garden Salad Fortune Cookies
22 1/2 Ham & Cheese Sandwich Corn Chowder Tossed Salad Apple Crisp	23 Stuffed Pepper Casserole 49'er Salad Apricots WW Bread or Roll Dessert	24 Tuna Casserole Peas Carrots Garden Salad Mixed Berries WW Bread or Roll Ice Cream	25 Chicken Fettuccine Asparagus Spinach Salad Apple Slices WW Roll Dessert	26 Lentil Veggie Soup Cottage Cheese 7 Layer Salad Citrus Salad Cornbread Dessert
29 Chicken Fried Steak Potatoes & Gravy Green Beans Tossed Green Salad WW Roll Apricot Crisp	30 Pork Chops Au Gratin Potatoes Brussels Sprouts Mixed Greens Salad Applesauce Biscuit with Chives Dessert			

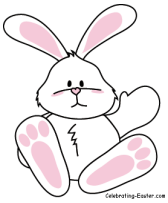
Seniors Age 60 & over—suggested donation $4.00

Under age 60—$8.50 FEE

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

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





Manson Senior Meals
April 2019

PLEASE CALL 24 HOURS IN ADVANCE TO RESERVE OR CANCEL



Monday	Tuesday	Wednesday	Thursday	Friday-Manson
1 Meatloaf Potatoes & Gravy Asparagus Spinach Salad Chilled Pears Bran Muffin Dessert	2 Tuna Noodle Casserole Peas & Carrots 49'er Chopped Salad Peaches WW Bread or roll Dessert	**3** Egg Salad Sandwich Minestrone Soup Tossed Salad Oregon Berries Dessert	4 Broccoli Chicken Bake Herbed Noodles Garden Salad Waldorf Salad Focaccia Bread Dessert	5 Chicken Caesar Wrap Tortellini Soup Apples & Grapes Dessert
8 Chili with Cheese 1/2 Baked Potato Garden Salad Fresh Veggie Tray Peaches Cornbread Dessert	9 Honey Mustard Chicken Brown Rice Mixed Vegetables Coleslaw Tropical Fruit WW Roll Dessert	10 Yankee Pot Roast Red Potatoes Roasted Carrots Mixed Greens Salad Blueberries WW Bread or Roll Dessert	11 Pasta Primavera with Ham Tossed Green Salad Pineapple Bread Sticks Dessert	12 Beef Stew Green Salad Peaches Biscuit Dessert
15 Chicken Pot Pie Green Salad Apricots French Bread Dessert	16 Meat & Spinach Wrap Garden Salad Banana Corn Chips Dessert	17 Spaghetti & Meat Sauce Caesar Salad Waldorf Salad Garlic Bread Dessert	18 Sweet & Sour Chicken Garden Rice Oriental Vegetables Coleslaw Mandarin Oranges WW Roll Dessert	19 Tater Tot Casserole Cottage Cheese Carrot/Raisin Salad Peaches WW Bread or Roll Dessert
22 Beef Stroganoff Green Beans Tossed Green Salad Strawberries & Bananas WW Bread or Roll Dessert	23 Oven Fried Chicken Sweet Potato Fries Creamed Peas Cuke & Tomato Salad Grapes Biscuit Dessert	24 Pork Chops Au Gratin Potatoes Asparagus Mixed Greens Salad Applesauce French Bread Dessert	25 Three Bean Casserole Carrots Garden Salad Fresh Fruit Cornbread Dessert	26 Chicken Fettuccine Asparagus Spinach Salad Mixed Berries WW Roll Dessert
29 Yakisoba Stir Fry Veggies Asian Style Slaw Mandarin Oranges WW Bread or Roll Dessert	30 Bacon, Broccoli & Swiss Cheese Quiche Spinach Salad Fruit Tray Blueberry Muffin			

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.



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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 April 2019



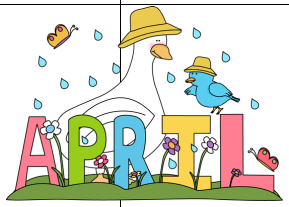
Monday	Tuesday	Wednesday	Thursday	Friday
1 Lentil Veggie Soup Cottage Cheese Whole Grain Crackers 7 Layer Salad Citrus Salad Cornbread Dessert	2	3 Italian Rice & Beef Caesar Salad Cinnamon Pears Garlic Bread Dessert	4 White Bean & Chicken Chili Corn Chips Spinach Salad Peaches WW Roll Dessert	5
8 Honey Mustard Chicken Brown Rice Mixed Vegetables Coleslaw Tropical Fruit WW Roll Dessert	9	10 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Sticks Dessert	11 Yankee Pot Roast Red Potatoes Roasted Carrots Mixed Greens Salad Blueberries Dessert	
15 Chicken & Wild Rice Bake California Vegetables Spinach Salad Apple Celery Salad WW Roll Dessert	16	17 Beef Stew Green Salad Peaches Biscuit Dessert	18 Glazed Ham Roasted Potatoes Buttered Peas Greek Salad Pineapple WW Bread or roll Carrot Cake	19
22 Stuffed Green Peppers 49'er Chopped Salad Apricots WW Bread or Roll Dessert	23	24 Ham & Wild Rice Casserole Mixed Vegetables Spinach Salad Orange Quarters WW Bread or Roll Dessert	25 Lemon Baked Fish Oven Brown Potatoes Glazed Carrots Coleslaw Peaches Cornbread Dessert	26
29 Meatloaf Potatoes & Gravy Asparagus Spinach Salad Chilled Pears Muffin Dessert	30			











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Omak-Okanogan Senior Meals April 2019



Okanogan	Omak	Okanogan	Okanogan—9am	Omak
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
1 Yakisoba (Beef & Noodles) Stir Fry Vegetables Asian Style Slaw Mandarin Oranges WW Bread or Roll Dessert	2 Roasted Chicken Sweet Potato Fries Creamed Peas Cuke & Tomato Salad Grapes Biscuit Dessert	3 Wild Rice & Ham Casserole Mixed Vegetables Spinach Salad Tropical Fruit Salad WW Bread or Roll Dessert	4 Biscuits & Gravy Scrambled Eggs Juice Orange Quarters Fruit Tray 	5 Spaghetti and Meat Sauce Caesar Salad Apricots Garlic Bread Dessert
8 Chili with Cheese 1/2 Baked Potato Fresh Veggie Tray Garden Salad Peaches Cornbread Dessert	9 Chicken Pot Pie 49'er Chopped Salad Apricots French Bread dessert 	10 Pork Lo Mein over Noodles Broccoli Salad Tropical Fruit Salad WW Bread or Roll Dessert	11 Bacon, Broccoli & Swiss Cheese Quiche V-8 Juice Fruit Tray Sweet Roll	12 Meatloaf Potatoes & Gravy Asparagus Spinach Salad Chilled Pears Bran Muffin Dessert
15 Beef Stroganoff Green Beans Tossed Green Salad Mandarin Oranges WW Bread or Roll Dessert	16 Broccoli Chicken Bake Herbed Noodles Garden Salad Waldorf Salad Focaccia Bread Dessert	17 Yankee Pot Roast Red Potatoes Roasted Carrots Mixed Greens Salad Mixed Berries WW Bread or Roll Dessert	18 Veggie Omelette with Spinach & Mushrooms O'Brien Potatoes Stewed Tomatoes Chilled Peaches Muffin or Pastry	19 Lemon Baked Fish Garden Rice Glazed Carrots Coleslaw Pears Croissant Dessert 
22 Egg Salad Sandwich Minestrone Soup Tossed Salad Oregon Berries Dessert	23 Chicken Fettuccine Asparagus Spinach Salad Mandarin Oranges WW Roll Dessert	24 Beef Stew Green Salad Peaches Biscuit Dessert 	25 French Toast Bacon V-8 Juice Fresh Fruit Strawberries	26 Pork Chops Au Gratin Potatoes Brussels Sprouts Caesar Salad Applesauce Biscuit with chives Dessert
29 Honey Mustard Chicken Brown Rice Mixed Vegetables Coleslaw Tropical Fruit WW Roll Dessert	30 Cheese Ravioli with Meat Sauce Caesar Salad Spiced Pears Bread Sticks Dessert			

Seniors Age 60 & over suggested donation $4.00
Under age 60—$8.50 FEE
For Home Delivered Meals please call 509-826-7979

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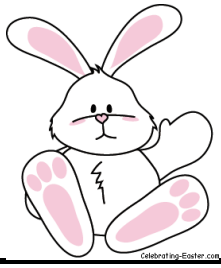
Oroville Senior Meals April 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Oven Fried Chicken Sweet Potato Fries Creamed Peas Cuke & Tomato Salad Grapes Biscuit Dessert	**3** 	4 Chili with Cheese Garden Salad Fresh Vegetable Tray Peaches Cornbread Dessert	5 Lemon Baked Fish Garden Rice Glazed Carrots Coleslaw Waldorf Salad WW Roll Dessert
8 	9 Meatloaf Potatoes & Gravy Asparagus Caesar Salad Chilled Pears Bran Muffin Dessert	10	11 Bacon, Broccoli & Swiss Cheese Quiche Spinach Salad Fruit Tray Blueberry Muffin 	12 Tuna Noodle Casserole Peas & Carrots Garden Salad Blueberries WW Bread or Roll Dessert
15	16 Beef Stroganoff Green Beans Tossed Green Salad Strawberries & Bananas WW Bread or Roll Dessert	17 	18 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Sticks Dessert	19 Egg Salad Sandwich Minestrone Soup 49'er Chopped Salad Oregon Berries Angel Food Cake
22 	23 Honey Mustard Chicken Brown Rice Mixed Vegetables Coleslaw Tropical Fruit WW Roll Dessert	24	25 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	26 Yankee Pot Roast Red Potatoes Roasted Carrots Mixed Greens Salad Blueberries WW Bread or Roll Dessert
29 	30 White Bean Chicken Chili Corn Chips Spinach Salad Peaches WW Roll 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 476-2412



Tonasket Senior Meals April 2019



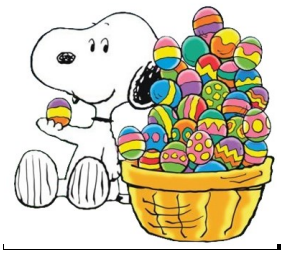
Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Fried Steak Potatoes & Gravy Asparagus Tossed Green Salad Biscuit Apple Crisp	2 	3 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	4 Tater Tot Casserole Cottage Cheese Carrot Raisin Salad Peaches WW Bread or Roll Dessert	5
8 1/2 Ham & Cheese Sandwich Corn Chowder Tossed Salad Apple Crisp	9 1/2 Ham & Cheese Sandwich Corn Chow-der Tossed Salad Apple Crisp	10 Stuffed Green Peppers 49'er Chopped Salad Apricots WW Bread or Roll Dessert	11 Oven Fried Chicken Sweet Potato Fries Creamed Peas Cuke & Tomato Salad Grapes Biscuit Dessert	
15 Meatloaf Potatoes & Gravy Green Beans Spinach Salad Chilled Pears Bran Muffin Dessert	16 	17 Chicken Pot Pie 7 Layer Salad Apricots French Bread Dessert	18 Honey Mustard Chicken Brown Rice Mixed Vegetables Coleslaw Tropical Fruit Dessert	19
22 Yankee Pot Roast Roasted Red Potatoes Ginger Carrots Spring Salad Oregon Berries WW Bread or Roll Dessert	23	24 Pork Chops Au Gratin Potatoes Brussels Sprouts Green Salad Applesauce Biscuit with Chives Dessert	25 Yakisoba (Beef & Noodles) Stir Fry Veggies Spinach Salad Mandarin Oranges WW Bread or Roll Dessert	26 
29 Three Bean Casserole Carrots Garden Salad Fresh Fruit Cornbread Dessert	30			



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
April 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1 Chili with Cheese over Baked Potato Garden Salad Fresh Veggie Tray Peaches Cornbread Dessert	2	**3**	4 Spaghetti Caesar Salad Apricots Garlic bread Dessert	5 Lemon Baked Fish Oven Browned Potatoes Glazed Carrots Coleslaw Citrus Salad WW Roll Dessert
8 Chicken Pot Pie Green Salad Apricots French Bread Dessert	9	10 	11 Meatloaf Potatoes & Gravy Buttered Peas Spinach Salad Chilled Pears Bran Muffin Dessert	12 Beef Stroganoff Green Beans Tossed Green Salad Strawberries & Bananas WW Bread or roll Dessert
15 Tater Tot Casserole Cottage Cheese Carrot & Raisin Salad Peaches WW Bread or Roll Dessert	16 	17	18 Chicken Fettuccine Asparagus Spinach Salad Mixed Berries WW Roll Dessert	19 1/2 Ham Sandwich Split Pea Soup Three Bean Salad Garden Salad Pineapple WW Crackers Dessert
22 Beef Stew Green Salad Chilled Peaches Biscuit Dessert	23	24 	25 Sweet & Sour Pork Garden Rice Oriental Vegetables Coleslaw Mandarin Oranges Garlic Bread Dessert	26 Oven Fried Chicken Sweet Potato Fries Creamed Peas Cuke & Tomato Salad Grapes Cornbread Dessert
29 White Bean Chicken Chili Spinach Salad Peaches Corn Chips WW Roll Dessert	30 			

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
April 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Lentil Veggie Soup Cottage Cheese 7 Layer Salad Citrus Salad Whole Grain Crackers Cornbread Dessert	3 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	4 Honey Mustard Chicken Brown Rice Mixed Vegetables Coleslaw Tropical Fruit WW Roll Dessert	5 
8 	9 Egg Salad Sandwich Minestrone Soup Tossed Salad Oregon Berries Pound Cake	10 Meatloaf & Gravy Mashed Potatoes Spinach Salad Chilled Pears Bran Muffin Cereal Bar Cookie	11 Tuna Noodle Casserole Peas & Carrots Garden Salad Orange Quarters WW Bread or Roll Dessert	
15	16 1/2 Ham & Cheese Sandwich Corn Chowder Tossed Salad Apple Crisp	17 Chili with Cheese Garden Salad Fresh Vegetable Tray Peaches Cornbread Dessert	18 Pork Roast Stuffing & Gravy Baked Squash Greek Salad Applesauce WW Bread or Roll Dessert	19 
22 	23 Chicken Fettuccine Asparagus Spinach Salad Mixed Berries WW Roll Dessert	24 Yankee Pot Roast Red Potatoes Roasted Carrots Mixed Greens Salad Peaches WW Bread or Roll Dessert	25 Oven Fried Chicken Sweet Potato Fries Creamed Peas Cuke & Tomato Salad Grapes Biscuit Dessert	26
29	30 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Sticks Dessert			

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Under age 60—$8.50 FEE

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