



# 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**

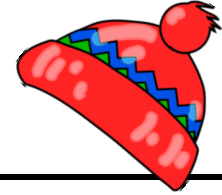
Please call 509-888-4440 for more information about the Home Delivered Meal program.





*Happy  
Valentine's  
Day*

<p>3 Hot Turkey Sandwich Mashed Potatoes Spinach Spring Salad Cranberry Salad Pumpkin Pie</p>	<p>4 Spaghetti &amp; Meat Sauce Caesar Salad Spiced Pears Garlic Bread Dessert</p>	<p>5 Beef Stew Spinach Salad Banana Biscuit Cereal Bars</p>	<p>6 Fish &amp; Chips Cabbage Apple Slaw Fruit cocktail WW Roll Oatmeal Cookies</p> 	<p>7 Hamburger Steak with Grilled Onions Twice Bake Potato Country Trio Veggies Garden Veggie Salad WW Roll Berry Crisp</p>
<p>10 Swedish Meatballs Egg Noodles Peas &amp; Carrots Spiced Salad Peaches WW Roll Dessert</p>	<p>11 Supreme Style Pizza Caesar Salad Fruit Salad Garlic Knots Dessert</p> 	<p>12 Teriyaki Beef Rice Oriental Vegetables Spinach Salad Mandarin Oranges Egg Roll Dessert</p>	<p>13 Ham Steak Scalloped Potatoes Green Salad Citrus Salad WW Roll Rice Pudding</p>	<p>14 Cheese Ravioli with Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p> 
<p>17</p> 	<p>18 Pork Chops/Applesauce Potatoes &amp; Gravy Peas &amp; Carrots Green Salad Waldorf Salad WW Roll Dessert</p>	<p>19 Dijon Chicken Breast Garden Rice Cauliflower &amp; Chives Mixed Greens Salad Citrus Salad WW Bread Dessert</p>	<p>20 Clam Chowder Broccoli Salad Three Bean Salad Peaches Cheesy Garlic Bread Oatmeal Cookies</p>	<p>21 Chicken Burger Deluxe Sweet Potato Fries Pea Salad Waldorf Salad Dessert</p>
<p>24 Meatloaf &amp; Gravy Mashed Potatoes Green Beans Carrot Raisin Salad Apple Celery Salad WW Bread Dessert</p>	<p>25 BBQ Chicken Mac &amp; Cheese Broccoli Normandy Spiced Salad Muffin Apple Crisp</p>	<p>26 Bacon &amp; Egg Salad Sandwich on Croissant Vegetable Soup Spinach Salad Citrus Salad Dessert</p>	<p>27 Chicken Parmesan Pasta Marinara Steamed Broccoli 7 Layer Salad WW Roll Apricot Crisp</p>	<p>28 Pot Roast Roasted Potatoes and Carrots Spinach Salad WW Bread Berry Crisp</p>



# Entiat Senior Meals February 2020



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>WE</b>  <b>VOLUNTEERS</b>		
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



# 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

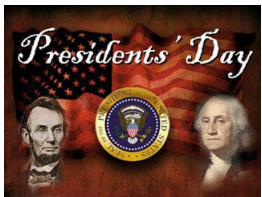
12  
Teriyaki Beef  
Rice  
Oriental Vegetables  
Spinach Salad  
Mandarin Oranges  
Egg Roll  
Dessert



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

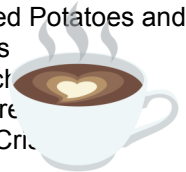
25  
BBQ Chicken  
Mac & Cheese  
Broccoli Normandy  
Spiced Salad  
Muffin  
Apple Crisp



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






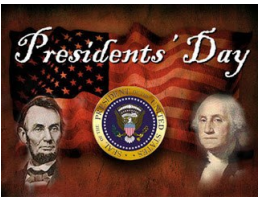


**24 HOURS IN ADVANCE TO RESERVE OR CANCEL**

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



# Leavenworth Senior Meals February 2020



Monday	Tuesday	Wednesday	Thursday	Friday
<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 509-548-6666 for more information about the Home Delivered Meal program.</p>		<p><b>WE</b> </p> <p><b>VOLUNTEERS</b></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 &amp; Meat Sauce Caesar Salad Spiced Pears Garlic Bread Dessert</p>
<p>10 Cabbage Rolls Carrots Spiced Salad Strawberries &amp; 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 &amp; 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 &amp; 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 &amp; Carrots Spiced Salad Peaches WW Roll Dessert</p>	<p>27 Dijon Chicken Breast Garden Rice Cauliflower &amp; 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>

# February 2020

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